ANUBOGA VAIDYA NAVANEETHAM

PART - II

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ANUBOGA VAIDYA NAVANEETHAM

PART - II

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FOREWORD

Tamilnadu has a rich tradition of many Arts and Sciences, of which Siddha System of Medicine, unique to Tamilnadu, has, for several centuries, been part of Tamil's lives and of the folk and traditional healing practices of rural Tamilnadu. It relies substantially on plant herbal based Medicines. Siddha System of Medicine has a distinctive approach to care specific ailments and also to build up immunity power of the person being treated against all diseases.

The widespread use of home remedies based on medicinal plants almost in all houses in rural Tamilnadu, reflects the importance of this System of Medicine and Treatment.

The health care needs of the Tamil speaking people have been taken care of by their own system of medicine (i.e. The Siddha System). The major strength of this Siddha System is, its easy accessibility, wide acceptability, naturaliness of the products and cost effectiveness. Time - tested remedies like Siddha have specialized Therapeutic Proceduces for rejuvenation, health promotion and prevention. Moreover it is affordable and acceptable.

There has been an increasing important place for modern Allopathic System of Medicine in both the public and the private segments of the Health Care System in Tamilnadu, over the last several decades.

And now the situation is changed and the whole world is leaping towards the use of Traditional Indian Systems of Medicine after knowing the benefits of the treatment based on plant origin.

The Central and State Governments also now encourage the overall development of the Siddha System of Medicine and the esoteric literatures of Siddha Medicine in Tamil are being translated and published in English so as to popularize Siddha system outside Tamilnadu.

In this effort, the Translation wing headed by **Dr. Anaivaari Anandan,** Ph.D. Special Officer (Translation) is engaged in Translating and Publishing the Siddha works in English and this work. ***Anuboga Vaidya Navaneetham*** **- Part II** is published now, which elaborates the practice and preparetion of Siddha Medicine in detail. This is very much useful for the Practitioners of Siddha and medicos.

I appreciate all who have engaged in this task and acknowledge the contributions made by the Translators and Scrutinizers in preparing and publishing this work, in English.

I hope the work will be of more use to all in the filed of Siddha Medicine.

Date : 25.02.2009 **G.A. Rajkumar**

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EDITOR'S PREFACE

The Tamil text ***Anuboga Vaidya Navaneetham*** which means the cream (extract) of Practical Experience in Siddha Medicine, authored by Hakim B. Abdulla Sahib consists of 10 Volumes dealing with 1756 prescriptions in 1526 pages in Tamil.

The First Part in Tamil deals with 102 prescriptions in 160 pages. First comes to the Iron based Medicines, next, Copper based Medicines and then, a few of Arsenic, Manganese, Sulphur and eartworm. Items No. 4 and 72 give out, specifics which increase the strenght of the active principles in oxides and sublimates.

The Second Part deals with 133 prescriptions in 170 pages based on Mica, Tin, Gypsm, Gold, Zinc, Antimony and mainly Silver Decoctions from greens, collon-seeds and grams are also given. In item 109, various vehicles for the oxide of Mica are given.

The Third Part gives 227 prescriptions in 171 pages. Here, various kinds of diseases in various degrees are given with rare medicines to combat. Preparations based on worms, shells, corals, diamonds and other gems are also given.

The Fourth Part deals with 140 prescriptions in 156 pages. Medicines based on Cinnabar and Mercuric chloride in Pill forms are given. Wherever there is any difficulty in identifying the drugs, names are given in Tamil, Sanskrit, English and Arabic.

The Fifth Part *in its 163 pages deals with 131* prescriptions based mainly on Mercury in its various aspects.

The Sixth Part deals in 140 pages iwth 128 prescriptions based on Sulphur and Yellow Orpiment. The items 799 to 852 deal - elaborately and practically with Yellow Orpiment. Item 863, gives out the methods to be adopted in extracting, the juice from dried leaves and plants from which the juice cannot be easily extracted. In the end, the remedy for Yellow orpiment poisoning is given.

The Seventh Part in its 144 pages deals elaborately with Sulphur and Yellow orpiment preparations which were kept as valuable Heritage and family properties upto the end of the last century. All the necessary directions are given here. A background also has been prepared forthe reader

The Eighth Part contains in its 143 pages with 112 prescriptions based mainly on vegetable products. The items 1097 and 1098, given even opposite effects according to vehicles. To find out how the main medicine changes in effect according to vehicles will be a valuable scientific research. We find heare some simple remedies with valuable results.

The Ninth Part contains its 132 pages with 226 prescriptions, mainly for purgatives of various kinds, degrees and methods. Medicines for Diabetes, Gonorrhea, Gall Stone, Fevers, intestinal troubles, stomach pains, Anaemia, urinary troubles, Tuberculosis, Piles etc. Some are given under disease headings. It should not be forgotten that the remedies for these diseases are also given under the midicines headings in all the volumes.

The Tenth Part contains 145 pages dealing with 228 items for which 74 items are specifies for the eyes. Many of them are simple, may be tried without much cost and labour. The other items deal with fevers, humoral imbalances, Diabetes, Piles, Dropsy, Ear, Nose and throat diseases, Dental Decay and other minor ailments.

Among the abvoe 10 Parts, the English translation of the Part-II is now published and the other parts are coming shortly.

I hope this Volume and the forthcoming Volumes of this text will be of more use to the practitioners as well as the public in treating the diseases with Siddha Medicine.

I thank Thiru. G.A. Rajkumar, IAS., Principal Secretary & Director of Indian Medicine and Homoeopathy, for his kind permission to print and publish this work in time.

Also, I thank Dr. V. Tamilalagan, Assistant Lecturer (Siddha), Tmt. T.V. Lakshmi, Steno-typist and Thiru. K. Maheswaran Copyist who have assisted me in bringing this work in a fulfledged manner.

I eagerly await for the suggestions from the readers to improve this text in future editions.

Date : 15.03.2009 **Anaivaari R. Anandan**

INDEX

S.No.	Headings	Page No.
102.	Mica Calcined Oxide-I (Appiraga Parpam)	6
103.	Mica Calcined Oxide-II	15
104.	Mica Calcined Oxide-III (Appiraga Parpam)	17
105.	Mica Calcined Oxide-IV (Appiraga Parpam)	20
106.	Jawahar Mohara (Rathina Sornamaliyam)	21
107.	Mica Calcined Oxide-V (Appiraga Parpam)	23
108.	Mica Essence Calcined Oxide (Appiraga Sathu Parpam)	25
109.	Mica Calcined Oxide-VI (Appiraga Parpam)	28
110.	Mica Calcined Oxide-VII (Appiraga Parpam)	31
111.	Mica Calcined Oxide-VIII (Appiraga Parpam)	32
112.	Mica Calcined Oxide-IX (Appiraga Parpam)	33
113.	Mica Calcined Oxide-X (Appiraga Parpam)	35
114.	Marble Mica Calcined Oxide-I (Palingu Appiraga Parpam)	36
115..	Marble Mica Calined Oxide-II (Palingu Appiraga Parpam) (Different method)	37
116.	Mica Lime-I (Appiraga Chunnam)	38
117.	Mica Lime-II (Appiraga Chunnam)	38
118.	Red Calcined Powder or Pungent Liquid (Chendoora Ceyaneer)	39
119.	Mica Essence of Red Calcined Powder-I (Appiraga Sathu Chendooram)	42
120.	Mica Essence Red Calcined Powder-II (Appiraga Sathu Chendooram)	43
121.	Mica Essence Red Calcined Powder-III (Appiraga Sathu Chendooram)	44

122. Mica Essence Red Calcined Powder-IV (Appiraga Sathu Chendooram) 46
123. Mica Essence Red Calcined Powder-V (Appiraga Sathu Chendooram) 47
124. Mica Essence Red Calcined Powder-VI 48
125. Mica Essence Red Calcined Powder-VII (Appiraga Sathu Chendooram) 50
126. Mica Essence Red Calcined Powder-VIII (Appiraga Sathu Chendooram) 53
127. Red Calcined Powder of Ferric Mica (Aya Appiraga Chendooram) 54
128. Red Calcined Powder of Marble Mica (Palingu Appiraga Chendooram) 56
129. Red Calcined Powder of Mica (Naga Appiraga Chendooram) 57
130. Appiraga Amirthee Karanam 59
131. Vel Vanga Parpam-Stannum-I (White Lead Calcined Oxide) 61
132. Vel Vanga Parpam-II (Another method) 65
133. Vel Vanga Parpam-III (Another method) 71
134. Vel Vanga Parpam-IV (Another method) 74
135. Vel Vanga Parpam-V (Another method) 75
136. Vel Vaenga Chunnam (White lead calcined compound) 76
137. Vel Vanga Chendooram-I (Red calcined powder of White Lead) 77
138. Vel Vanga Cehndooram-II (Red calcined powder of White Lead) 79
139. Vel Vanga Chendooram-III (Red calcined powder of White Lead) 80

140. Vel Vanga Chendooram-IV (Red calcined oxide of White Lead) 81
141. Blacklead Calcined Oxide (Karuvanga Parpam) 83
142. Karu Vanga Parpam (Black Lead Calcine oxide) 87
143. Karuvanga Parpam (Another Method) 92
144. Karuvanga Parpam (Different Method) 93
145. Karuvanga Parpam (Another Method) 93
146. Karuvanga Parpam (Another Method) 94
147. Karuvanga Parpam (Another Method) 95
148. Karuvanga Chunnam 97
149. Velvanga Chunnam (White Lead calcinated compound) 98
150. Kareeya Parpam 99
151. Karuvanga Parpam (Another Method) 102
152. Karuvanga Parpam 103
153. Karuvanga Rasitha Parpam 104
154. Karuvanga Sootha Parpam 105
155. Karuvanga Yoga Parpam 105
156. Karuvanga Chunnam 106
157. Karuvanga Chunnam (Another Method) 107
158. Karuvanga Chendooram-1 109
159. Karuvanga Chendooram-2 110
160. Karuvanga Chendooram-3 111
161. Karuvanga Chendooram (Vaippu)-1 112
162. Karuvanga Chendooram (Vaippu)-2 113
163. Karuvanga Pavazha Chendooram (Another Method) 116
164. Karuvanga Chendooram (Another) 118

165. Naga Parpam (Zinc Calcine) 121
166. Naga Parpam (Another Method) 122
167. Naga Parpam (Another Method) 123
168. Naga Parpam (Another Method) 124
169. Naga Parpam (Another Method) 125
170. Naga Parpam (Another Method) 126
171. Naga Parpam (Another Method) 127
172. Naga Parpam (Another Method) 128
173. Naga Parpam (Another Method) 129
174. Naga Chendooram 130
175. Naga Chendooram (Another Method) 131
176. Chendooram Thiravaham 135
177. Naga Chendooram (Acid process) 136
178. Thrivanka Parpam 138
179. Thrivanka Parpam 140
180. Vanka Thanka Parpam 141
181. Thirvanka Chendooram 142
182. Vanga Mathirai 143
183. Thrivanka Mathirai 144
184. Velli (Silver) Parpam-I 150
185. Velli Parpam (Another Mehod) 155
186. Velli Parpam 157
187. Velli Parpam (Another Mehod) 160
188. Velli Parpam (Another Mehod) 161
189. Velli Parpam (Another Mehod) 163
190. Velli Parpam (Another Mehod) 164
191. Velli Parpam (Another Mehod) 165

192.	Veeriya Velli Parpam (Velli Parpam Higher potency)	166
193.	Velli Parpam (Super potency) (Maha Veeriya Velli parpam)	167
194.	Velli Sootha Parpam	169
195.	Velli Mezhugu	170
196.	Testing the Purity of the Velli Parpam	171
197.	Velli Chendooram	173
198.	Velli Chendooram (Another Method)	176
199.	Velli Chendooram	177
200.	Velli Chendooram (Another Method)	178
201.	Thanga Parpam	181
202.	Thanga Parpam (Alternate Method)	183
203.	Thanga Parpam (Another Method)	187
204.	Thanga Parpam	190
205.	Thanga Parpam (Another Method)	191
206.	Thanga Parpam (Another Method)	192
207.	Thanga Chendooram	193
208.	Thanga Chendooram (Alternate Method)	196
209.	Thanga Chendooram (Alternate Method)	198
210.	Thanga Chendooram (Alternate Method)	199
211.	Thanga Chendooram (Alternate Method)	200
212.	Sornaloga Chendooram	201
213.	Thanga Kalangu	203
214.	Pon Nimilai Parpam	205
215.	Pon Nimilai Parpam (Another Method)	205
216.	Pon Nimilai Parpam	207
217.	Pon Nimilai Parpam	209

218.	Pon Nimilai Chendooram	209
219.	Pon Nimilai Chendooram	210
220.	Pon Nimilai Chendooram (Another Method)	211
221.	Pon Nimilai Chathu	213
222.	Velli Nimilai Parpam	215
223.	Velli Nimilai Chendooram	215
224.	Velli Nimilai Parpam	215
225.	Silasathu Paavanai	219
226.	Silasathu Parpam	220
227.	Silasathu Parpam (Another Method)	221
228.	Silasathu Parpam (Another Method)	221
229.	Silasathu Parpam (Another Method)	222
230.	Silasathu Parpam (Another Method)	223
231.	Silasathu Parpam (Another Method)	224
232.	Silasathu Parpam (Another Method)	225
233.	Silasathu Parpam (Another Method)	226
234.	Silasathu Chendooram	227
235.	Silasathu Chooranam (Another Method)	228
236.	Sathathi Parpam	229
237.	Purification of Jew's Stone	230
238.	Purification of Jew's Stone (Another Method)	230
239.	Yoodhakal Parpam	230
240.	Yoodhakal Parpam (Another Method)	232
241.	Yoodhakal Parpam (Another Method)	233
242.	Yoodhakal Parpam (Another Method)	234
243.	Yoodhakal Parpam (Another Method)	234
244.	Yoodhakal Parpam (Another Method)	235

ANUOBOGA VAIDYA NAVANEETHAM

PART - II

INTRODUCTION

Varieties of Mica *(Appiragam)*

The mica has four varieties

1. **White mica** also known as **Marble Mica** (*Palingu Appiragam*)
2. **Balck mica** also known as **Krishna Mica** (*Krishna Appiragam*)
3. **Red mica** also known as **Blood Mica** (*Raththa Appiragam*)
4. **Yellow mica** also known as **Beetha Mica** (*Beetha Appiragam or Manjal Appiragam*)

While heating........

i. If the mica particles disintegrate, such mica is called Pinaka mica (*Pinaka Appiragam*). If it is used unpurified, it may cause skin lesions.

ii. If the mica produces should like that of a frog's cry, it is called Dhurdhura mica (*Dhurdhura Appiragam*). If it is used unpurified it will create fear.

iii. If mica produces the hissing sound of a snake, it is called Naga mica (*Naga Appiragam*). If it is used unpurified, it will cause fistula.

If no sound is produced and no difference is seen, that is called Vajjira Mica (*Vajjira Appiragam*) which is superior and apt for making Calcines (*Parpam*) and *Chendoorams*. Such

parpams and *chendoorams* made out as such from this variety (*Vajjira Mica*) cures diseases and gives strength and vitality to the body and make the physique strong like *Vajjira* (Sturdy) and hence called Vajjira Mica (*Vajjira Appiragam*).

This mica alone excels all other varieties and gives superb (superior) quality. So, for preparing *Parpams* and *Chendoorams,* if the *Appiragam* is selected in the above method, the resultant benefits will be understood by the users themselves. "Whatever the variety of mica so chosen, if it is used unpurified, the results will be negative". So goes the unanimous verdict of experts of medicine.

Purification of Mica

Vajjira mica should be heated in a smithy and dipped in cow's milk. (If heated in a smithy, mica will go into pieces within seconds. So it should be put in mud shell or vessel and blown in a smithy and when it becomes red hot, it should be dipped in cow's milk. This is the proper method (Calcination - sublimation by fire) or purification.

When cooled, the milk must be siphoned. This is the simplest method. This process must be repeated for seven times, using fresh milk each time.

Similarly on the above lines, the process must be done in *Muppalai Kudineer** and then in vinegar and then in cow's urine, each individually for seven times. Each time fresh vehicle should be used. (Cow's milk, *Muppalai Kudineer* or vinegar or cow's urine which once used should not be used again.)

Note : * It is the decoction preared from the three myrobalam fruits. (i. Embilca officinalis, ii. Terminalia bellerica iii. Terminalia Chebula)

Muppalai Kudineer

(Decoction of the three myrobalan fruits)

Ingredients

Ingredient	Quantity
Peel of Yellow Chebulic myrobalan – Terminalia chebula (*Manjal Kadukkai thol*)	Each seven Parts as that of Appiragam (i.e. 1:7 ratio)
Dried flesh of the Emblica myrobalan (*Nelli kai*)	
Peel of Belleric myrobalan – Terminalia bellrica (*Thanrikai thol*)	

Method of Preparation

All these ingredients should weigh seven times of the weight of mica to be purified and put into water. The total weight of the ingredients with water must be sixteen times of the weight of mica to be purified. This mixture is to be boiled and the liquid should be reduced to 1/8th. While the solution is in lukewarm stage, the impurities must be siphoned off. The resultant decoction has to be taken according to the requirement each time.

Purification of Mica (Another method)

Jujube root bark – Zizyphus jujuba decoction is prepared as explained above, after boiling seven times. Mica must be taken out and mashed well in a mortar with a pestle adding water little by little and made into small balls and then dried and kept. Thus prepared mica not only gets purified but also becomes Mica Navaneetham (cream).

MICA NAVANEETHAM
(Cream like substance)

Ingredients

Purified Mica	1 part
Paddy (Oryza sativa)	1 part

Both to be tied in a woollen cloth loose (and knitted into a pouch like) and immersed in vinegar 20 cm deep and kept hanging for a day. Next day the woollen cloth with the contents in the bag is to be taken out and in fresh vinegar or water it must be held by one hand and with the other the bag (pouch) must be softly squeezed. Mica will descend into the vinegar or water and deposit. This solution should be kept in Sun so that the solution will be clear, losing its turpidity. Now mica will settle down. The liquid on the surface should be carefully siphoned without tilting the vessel, for the Mica element remains undisturbed as sediment at the bottom. This malt like substance is further dried in sunlight so as to evaporate the liquid part.

This dried substance of mica is *Appiraga Navaneetham* (butter like substance cream). It is also called as mica cream. Thus prepared Mica *Navaneetham* is used for making *parpams* and *chendoorams.*

As detailed above, white marble Mica *appiragam* and black Mica *appiragam* are purified and made in to Mica *Navaneetham* (butter like substance cream). However, it is imperative as said earlier, strong mica (*Vajjira Appiragam*) should be chosen and taken for preparing *Navaneetham*, which is always preferable. If one is not choosy about the variety and if some inferior variety is chosen and used, it may cause severe untoward effects.

MICA ESSENCE

Ingredients

Purified Black Mica cream (*Krishna Appiraga Navaneetham*)	175 gm.
Wall Radish juice-(*Suvar mullangi*)	700 gm.
Perchloride of Mercury (*Veeram*)	17.5 gm.

Method of Preparation

The balck mica cream must be kept soaked in the above mentioned Radish juice for seven days. It should be stirred twice or thrice a day with a ladle (Long handled spoon). When the juice dries up, fresh juice must be added. On the eighth day the product must be solidified enough to make into small balls. If the juice remains excess, it should be dried in sunlight and the resultant should be taken as above. Then it must be put into a crucible and heated in a smithy. The smithy should have twin bellows. After blowing moderately for 12 hours, Perchloride of Mercury (*Veeram*) should be added into it. Smoke will emanate. One should be cautious in protecting his eyes from the smoke thus emanated. After blowing for an hour, if the resultant essence akin to the earthen nest, it is the correct stage, to take out. According to the blowing the heat will be high or low, consequence of it either the essence may emerge early or get delayed. Therefore upto this stage of obtaining the essence in this creamy stage one must be careful in air blow and allowed to cool. Thus obtained essence must be kept for use. It is needless to say that capable people who carefully takes out the essence in this way, prepare *parpams* and *chendoorams* and use them for very effective and highly curative results.

Calcined Oxide (Parpam)

This white powder of metallic oxides (Oxided white powder) derived from metals, gems etc. is peculiar to the *Tamil*

Siddha medicines as no such kind is procurable in other systems of medicine. It is a compound infinitely superior and marvelously potent and radically more effective than the vegetable medical preparations – Chooranams, pills, decoctions, electuaries, syrups, oils ghees etc. They are so very strong that it is always advisable to prescribe it to patients in minute doses; moreover it should be handled by an able and experienced physician lest they may lead to dangerous consequences.

Ref. : TVS Dictionary-Vol.V Page 3237.

Isolation methods of Mica essence are numerous. The method described here is simple and time tested. For those who think anything is difficult, this method will be more difficult. As the saying goes if there is a will, there is a way. People who are in need of this will do it somehow or other.

Note : Instead of making a crucible *(vachira kugai)* it is preferable to buy it from a Medical store. It will be sturdy and can withstand heat. Once purchased it can be used several times. Since, it is better to buy as it is not expensive and time saving.

102. MICA CALCINED OXIDE - I
(APPIRAGA PARPAM)

Ingredients

Purified Mica (Black mica)	70 gm.
Cluster beans-whole plant juice-(*Kothavarai*)	650 ml
Blue Lotus flower juice	
Pontederiaceae moniera-(*Neelorpalam*)	650 ml.
Broom creeper plant juice-Cocculus villosus (*Kattukodi*)	650 ml.
Tender Bamboo root juice-Bambusa arundinacea	650 ml.

Method of Preparation

Mica Navaneetham is placed in the mortar and Cluster beans plant juice is added little by little and ground. It need not be at a single stroke. Whenever there is ample time, the grinding can be done. All the above mentioned juices are not also needed at the same time. Whenever they are available singly, they can be collected one at a time. But it is important there must be enough heat and one litre minimum is to be taken at one time for grinding (not less).

Mica Navaneetham thus mixed and ground and the cluster beans juice must be taken (pulp) and made into pills and dried in sun light and should be put in a shell shaped earthen vessel and covered with another concave shell closely and tightly sealed with mud and dried. Then it is put in a pit, covered with cowdung cakes of 175 gm and calcinated or sublimated with fire. After cooling, it must be taken out. Thus the semi processed mica must again be ground in the mortar with Blue Lotus flower juice-the same way and be processed again. Third time the process is respected with Broom creeper juice and fourth time with Bamboo juice. Now the resultant obtained after these processes will be pale red in colour. Whatever the colour be, the parpam will have the same quality, which may be ascertained by experience.

Dosage : 65 to 130 mg

Adjuvants and usage

Adjuvant No. 1

Tanner's senna-Yellow flower Cassia auriculata-(*Avaram flower*)	35 gm.
Tanner's senna tender shoots-*Avaram* tenders shoots	35 gm.

Both to be mashed and put in an earthen pot along with half a litre of butter milk.

Tie the mouth of the pot with clean cloth tightly and keep it on fire (oven). After boiling take the sedimented element and also the separated substance of the buttermilk heating caused by the above butter milk mixture. Both are to be mashed using *ammi and kuzhavi.* 10 grams of this substance along with parpam (already prepared and kept) to be taken twice a day – morning and evening.

If so consumed for a week diabetes, tiresomeness due to the disease and concommittant exhaustion will be cured. Polyria and excess quantity of urine passed will be considerably arrested within three days. If the malady is chronic, the medication had to be repeated in a span of 10 days each for three times (totally in an interval of one month). With other adjuvants good relief will result.

Adjuvant No. 2

Cucumber seeds – Cucumis sativus- (*vellari vidhai*) – Milky juice	17.5 gm
Caltrops leaves-Tribulus terrestris (*Nerunji ilai*)	
(Jelly of Nerunji leaves mashed in water)	17.5 gm
Honey	35 gm

If all these three taken along with the parpam it cures dysuria, burning micturition and strangury.

Adjuvant No. 3

Dried ginger-Zingiber officinale-(*Chukku*) (Peel scrapped dried ginger)	260 mg

Small variety long pepper-Piper longum-
(*Arisi thippili*) 260 mg.

Pepper-Piper nigrum-(*Milagu*) 260 mg

(Each to be powdered separately)

Honey 10.5 gm

If taken with adequate quantity of parpam, it cures diarrhoea.

Adjuvant No. 4

Juice of Ground palm-Curculigo orchiodes-
(*Nilappanai kizhangu charu*) 7 gm

Juice of Asparagus racemosus
(*Thanneervitaan kizhangu charu*) 7 gm

Powder of country long leaved barleria seed –
Barleria longifolia
(*Seemai neermulli vidhai choornam*) 17.5 gm

Honey 1.75 gm

If all these mashed and mixed with honey and taken along with parpam, it cures the sexually transmitted diseases - all types of gonorrhoea.

Adjuvant No. 5

Calotropis paste (bearing white flowers)
(*Vellai Erukku*) 17.5 gm.

Cow's butter 17.5 gm.

Sugar 8.8 gm.

All to be mashed and taken together with parpam, for curing leucorrhoea (white discharge) and gonorrhoea.

Adjuvant No. 6

Seenthil Sugar (*Seenthil Sarkarai*) 0.9 gm.

Bamboo salt powder (*Moongiluppu chooranam*)	0.9 gm.
Sugar candy powder (Sacchurm officinalis)	1.75 gm.

If taken together with parpam, cures the diseases related to genital organs, bone diseases and chronic pyrexias (fevers). It will induce appetite.

Adjuvant No. 7

Cummin seed powder-Cumnium cyminum (*Ceeraga Chooranam*)	0.9 gm.
Honey	1.75 gm.

If the above parpam is taken with the above adjuvants vomiting and anorexia will be relieved.

Adjuvant No. 8

Calcine powder of foliated granulas gypsum (*Silajit parpam*)	260 mg.
Sugar candy powder	3.5 gm.
Cow's ghee	10.5 gm.

All together if taken, with Parpam diseases related to genital organs and blood borne diseases (Haemtological) will be cured. Cures also effected in cough, wheezing and asthma.

Adjuvant No. 9

Juice of Fig bark-Ficus carcia (*Athipattai charu*)	10.5 gm.
Jumbool-Eugenia jambolana (*Jamun pattai charu*)	10.5 gm.

All these be mixed and taken along with the parpam of curing bleeding piles (Haemorrhoids) and blood pitha. Also dropsy, opthalmic disorders, ocular ailments including inflammation, delirium, fainting dispositions, paralysis and hemiplegia will be

cured, if prescribed on the above lines with suitable decoctions (kudineers) and salads (elagams).

Adjuvant No. 10

Mudar leaves juice-Calotropis gigantea
(*Erukkilai charu*) 3.5 gm.

Honey 3.5 gm.

Both mixed together and if taken along with the above parpam cures poisons of scorpion stings and wasp stings and other poisonous.

Adjuvant No. 11

Witlow plant or flower juice

Daemia extensa – (*uthamani Samoolam or poo charu*)
3.5 gm.

Honey 3.5 gm.

If taken together with parpam cures poisonous stings effects of black centipedes, cowdung centipedes and other similar creatures.

Adjuvant No. 12

Indian chiretta-Addrogaphis paniculata

Plant or flower juice (*Nilavembu*) 3.5 gm.

Honey 3.5 gm.

If this is taken together with the above parpam, the poisonous stings of black and cowdung centipedes will be cured.

Adjuvant No. 13

Bark juice of Kurchi

Holarhena antidysenterica (*Vetpalai*) 3.5 gm.

Honey 3.5 gm.

If this adjuvant is taken together with the above parpam, it cures poisons of urticaria cuased by beetle stings and the ring worm due to bite of water beetle.

Adjuvant No. 14

Juice of Common milk hedge

-Euphorbia nerifolia

(Elaikkalli) heated in fire and extracted juice 3.5 gm.

Honey 3.5 gm.

The adjuvant is taken together with parpam cures poisons of mouse and bandicoot bites.

Adjuvant No. 15

Leave juice of soma tree-Prosopis spicigera

(*vanni elaicharu*) 3.5 gm

Honey 3.5 gm

Together with parpam this adjuvant cures, poisons of palmyra dog and hound bites.

Adjuvant No. 16

Leaves juice of Persian lilac-Melia Azadirachta

(*Malai vembu elai charu*) 3.5 gm

Honey 3.5 gm

If taken together with parpam it cures, all kinds of blind mouse bites.

Adjuvant No. 17

White mudar leaves juice

(heated in fire and extracted) 3.5 gm.

Honey 3.5 gm.

If taken together with the above parpam cures all the toxic effects caused due to lobster mouthed scorpion.

Adjuvant No. 18

Juice of Watering root – Asparagus racemosus

(*Thanneer vittan kizhangu Charu*) 3.5 gm

Honey 3.5 gm

If this is taken with parpam, it cures the bites of wood lice and millipede.

Adjuvant No. 19

Juice of one leaf lotus-*Lonidium suffruticosum*

(*Orilaithamarai*) 3.5 gm

Honey 3.5 gm

If taken together with parpam it cures, poisons of all kinds of fox bites.

Adjuvant No. 20

Juice of Eclipta alba (*Kaiyanthagarai charu*) 3.5 gm

Honey 3.5 gm

If it is taken together with parpam it cures poisions of all kinds of red venomous centipedes (*Cheyyan*).

Adjuvant No. 21

Leaves juice of worm killer

-Aristolochia bracteata-(*Aduthinna palai charu*) 3.5 gm.

Honey 3.5 gm.

If taken alongwith parpam it cures, poisons of all kinds of leech bites.

Adjuvant No. 22

Leaves juice of Indian acalypa-Acalypa indica-

(*Kuppaimeni elaicharu*) 3.5 gm.

Honey 3.5 gm.

If taken along with parpam it cures, all kinds of flies bite poisons.

Adjuvant No. 23

White or black variety basil juice

- Ocimum sanctum – (*Thulasi charu*) 3.5 gm.

Honey 3.5 gm.

If this is taken together with parpam, the adjuvants cure, fevers and deliriums. Basil juice is generally said to be an adjuvant to *Appiraga chendooram.* So when other adjuavnts are not available, basil juice can be used. Also if parpam is given together with Five leaved amaranthus (as mentioned below) the side effects of other drugs taken for cough, vomiting, indigestion and flatulant will subside.

Uses of Cirukeerai

Adjuvant No. 24

Five leaved amaranthus root-Amaranthus campestris

(*cirukeerai ver*) 70 gm.

Cows ghee q.s

Method of preparation

Five leaved amaranthus root to be mashed into a fine paste, in a rectangular granite slab, with a cylindrical elongated granite roller (*Ammi & Kuzhavi*) and roasted in a pan with cows ghee after making pills. One pill should be taken mixed with honey in the morning and evening 2 to 3 pils may also be taken mixed in remnant ghee along with food. A week's intake

of the above, removes off the untoward effects of philter. This method is adopted for many persons in many times. It doesn't produce diarrhoea or loose motion. There is no excess water secretion. No excess but the medicine and its virility diminishes and it is quite surprising. People who are septical about this, can use and find from their own experiments.

Dietary restrictions

The food stuffs that cause various ills should be discerned and the causes be removed. This is very important.

The foods that are incompatible to the system and the maladies that arise out of such incompatibilities should be removed. Sexual contact should be strictly avoided, while on medication.

103. MICA CALCINED OXIDE - II

Purified black mica – (*Krishna appiraga navaneetham*)	70 gm
Milky juice of Mudar – Calotropis gigantean (*Erukkam paal*)	q.s

Balck mica Navaneetham to be put into a mortar and milky juice of mudar to be added little by little and to be mashed with pestle for 12 hours and dried. It is to be put in an earthem pan and covered with a similar pan shaped lid tightly and to be sealed (plastered) with mud 7 times to be dried then. It has to be put in to a squre pit of two feet deep and heated with fire.

To be taken after cooling well. Then open up the closed pan and the substance so seasoned must be taken out and put into a mortar again and mashed adding the mudar milky juice little by little for six hours per interval. Then make them into pills and the same process has to be repeated for 7 times. At last there will be a fine white parpam.

Dosage : 65 to 130 mg

Adjuvants : Basil juice, honey and ghee.

OTHER ADJUVANTS for Certain Specific Diseases

No. 1

Moon creeper-Tinospora cordifolia (*seenthil kodi charu*) crushed juice	10.5 gm
(Upper dried Leaf substances removed)	
Neem bark-Melia azdirachta- (*Veppam pattai charu*)	7 gm
Honey	10.5 gm

All these be mixed and if taken with the parpam processed as above, it cures venereal ulcers, chronic ulcers and deep sores.

No. 2

Seeds of Tanners cassia – Cassia auriculata (*Aavarai vidhai*)	
(Roasted powdered and seaved in a clean fine cloth and the powder collected under neeth)	7 gm.
Honey	7 gm.

If it is taken together with parpam it relieves diabetes, diabetic dryness of tongue, mouth and excessive thirst.

No.3

Milky juice of liquorice-Glycyrrhiza glabra- (*Athimadura paal*)	0.9 gm.
Breast milk	3.5 gm.
Honey	3.5 gm.

Milky juice of liquorice must be soaked in breast milk and should be kept for some time. The resultant will be softy. When

it is mixed and churned with honey it will become creamy like sause. If this mixture is taken with parpam it cures cough and phlegmative ills. Further, with suitable adjuvants if taken with the parpam the ulcers in the gums, leprosy, diarrhoea and piles related diseases will be cured.

Dietary restrictions : To be followed as mentioned above.

104. MICA CALCINED OXIDE - III
(APPIRAGA PARPAM)

Ingredients

Purified *Appiraga Navaneetham-* Mica *Navaneetham* (Butter)	1. part
Radish root-Raphanus sativus- (*Mullangi kizhangu*)	2 part
Root juice of Radish – Raphanus sativus (*Mullangi kizhangu charu*)	q.s

Method of Preparation

The above root to be mashed in a grinder and then added to *Navaneetham* and put in a mortar and ground for 3 hours. Then it is put in a mud pan and covered with a lid; it should not be sealed with mud. To be burnt with cow dung cakes ten times of the substance to be processed. After cooling, the ingredients are taken out of the pan and put in a mortar and mashed adding the radish juice little by little for 6 hours. Then they should be made into pills and dried. The processing should be repeated with eight parts of cow-dung cakes 5 times. If the processing is done for 7 times, the *parpam* will be white and pure.

Adjuvants : Honey, Ghee, apt malts (*Elagams*)

Dosage : 130 to 260 mg.

Other Adjuvants

No. 1

Leaves juice of mint – Mentha arvensis (*Pudina elai charu*)	Equal quantity
Juice of ginger-Zingiber officinale (*Inji charu*)	
Honey	

The above three should be heated and taken in a semi solid state.

If this malt of 10.5 gm is taken with this *parpam,* it will improve appetite. Anorexia can be overcome. *Hemopoiesis* will improve; body radiance and strength will increase by enhanced acceleration of food intake.

No. : 2

Wheat essence	87.5 gm
Ghee	87.5 gm
Sugar	175 gm
Wheat essence to be dissolved in water	175 gm
Sugar to be dissolved and filtered in water	79 gm

The above items are kept in an oven and the ghee is added to it. Wheat essence solution, already prepared should be added little by little without using the hand and stirred with a ladle. If it is not stirred the substance may solidify. It should not be allowed to solidify.

When all the wheat essence is added little by little with simultenous stirring, all water will evaporate and ghee will be released. At this stage, the vessel should be removed from the oven and kept for cooling. The substance will be sticky and will be like halwa. This halwa with parpam can be taken according to one's digestive capacity (35 to 70 gm).

If so taken, all catabolisms will disappear and it will improve physique, sturdy, spematogeneses and general health.

No. : 3

Liquorice powder-Glycyrriza glabra (*Athimaduram*)	1.75 gm.
Honey	7 gm.
Ghee	7 gm.

If the adjuvant is taken with parpam, it cures Haemorrhage

No : 4

Onion juice – Allium cepa	10.5 gm
Honey	10.5 gm

Together with the parpam adequate adjuvants if taken, it will cure diarrhoea and dysentery.

No. : 5

Cardamom powder-Elettaria cardamomum (*Elakkai thool*)	520 mg
Many spiked flacorita powder- Flacourtiacataprracta (*Talisapatri thool*)	1040 mg
Honey	10.5 gm

If adequate adjuvants are taken together with the parpam it will cure diarrhoea and indigestion.

With further adjuvants of apt nature, loss of semen, weakness, gastric diseases, heart burn, apathy (repulsion) urinary diseases and pyrexial diseases will get cured.

105. MICA CALCINED OXIDE - IV
(APPIRAGA PARPAM)

Ingredients

Purified *Krishna Appiragam*-Black mica	175 gms
Indian sorrel-Oxalis corniculata (*puliyarai* juice)	700 gms

Method of Preparation

The above *parpam* be put into a porcelain vessel and mix with Indian sorrel juice and soaked for 4 days. Then it should be kept in a mortar and ground for 6 hours. If the above juice is not adequate, add further some more juice. Then make them into cakes.

Seedless old tamarind be mashed to paste in a mortar and made into cakes of 5 cms. thickness. Place Indian sorrel (*Puliarai*) remnant in the bottom of the pan and place the cakes over it again and again. The cakes must be sandwiched between the Indian sorrel remnants and covered with a lid and sealed twice with mud and burnt in a 90 cms. measured pit. Repeat this process for three times and then take out. Add curd and ground for 6 hrs. Repeat the process once more. If taken, after cooling there will be a pure fine parpam.

Dosage : 195 mg. to 390 mg.

Adjuvants :

Honey, ghee and also desirable salads (*Elagams*) and syrups (*sharbaths*).

Diseases cured

If the *parpam* is taken together with the above adjuvants, it cures white discharge, (leucorrhoea), 21 types of cough, 8 types of phlegmatic (kapha) diseases, gonorrhoea and elephantiasis.

Dietary restriction

As said above

106. JAWAHAR MOHARA
(RATHINA SORNAMALIYAM)

Ingredients

Mica *Appiraga Parpam*	35 gm.
Original unpierced Pearl (*Nan muthu*)	4.4 gm.
Red Coral (*Sembavalam*)	4.4 gm.
Gold foil (*Thanga rekku*)	4.4 gm.
Silver foil (*Velli rekku*)	4.4 gm.
or silver filed powder	4.4 gm.
Kodiyuka leaf juice (A kind of Creeper)	
White Beans flower juice (*Vellai avarai*)	
Extract of Aloe vera (*Chottru katthazhai*)	
First grade panneer – Rose water	q.s

Method of Preparation

Pearl must be powdered carefully without spilling in *Nannikkal* mortar and made into fine mash powder. Powder the coral (*Pavalam*) also using similar method. Then *Appiraga parpam*, Pearl powder and Coral powder must be put into the mortar and mashed adding *Kodiyuka* leaf juice little by little. All gold and silver foils should not be put as a whole; they must be put one or two at a time and be mixed and ground. Otherwise, it will form into a soild ball. Filed gold and silver powders can be put together. Thus grind with *Kodiyuka* leaf juice for 12 hours. They must be made into small cakes dried in sunlight. That should be put into a mud pan and covered and sealed with mud and heated with cowdung cakes 10 times of the weight of the substance.

After heating it should be taken out after cooling. Thus prepared substance to be put into a mortar and white Beans

flower juice to be added little by little and be ground for 12 hours. This again is to be ground with Aloe vera (*Chotrukattazhai*) juice for another 12 hours. When all the three processes are over, ground again with rose water (panneer) and heat three times (as above) and then to be taken and kept. Naturally pale red coloured parpam will result. Sometimes it may be white also. The difference in colour is only due to the difference in grinding and heating. Not due to any major defect in the processing of the ingredients.

Whatever the colour, curative properties remain the same. It can either be used as *parpam* or it may be ground adding rose water and made into tablets and used.

Dosage : 260 mg. to 390 mg.

Adjuvants : Rose water, honey, breast-milk and also electaries and shurbaths.

Curable diseases

All types of asthma, cough, peptic ulcer, severe diarrhoea, diabetes, white discharge (leucorrhoea), persistent fevers, bone associated fevers anal disorders etc will be caused. It improves hemopoiesis. Shining in face and body will result. It gives longevity too.

Dietary Restrictions

According to one's physical conditions non compatible food stuffs and causative food stuffs of the diseases concerned should be strictly avoided. If the medicine is taken for vitality and virility, nutritive food stuffs and sweets like halwas must also be taken. For this JAWAHAR MOHARA *Appiraga parpam* prepared in the above said method can be utilized. At the times of non availability of the *parpam* obtained on the above lines, *parpams* and *chendoorams* prepared by other processes may be used.

If affluent gentlemen prepare and keep this rare and valuable medicine, it will be beneficial to others and lead them to divine blessings. It is not easy to prepare this *parpam* as and when necessary. Moreover, as days pass on, the effects of this drug will get further potentiated. It is more blissful to save one's life by preparing this medicine than to get divine benediction by offering charities by cash or kind.

107. MICA CALCINED OXIDE - V
(APPIRAGA PARPAM)

Ingredient : Mica

Method of Preparation

In a new mud pot, pour lime water, churn and fill. Outer portion also to be coated with lime water (*Chunnam*). Keep it as such for one or two days. Remove the lime from the pot and keep it dry in day light. Again fill it with fresh lime and keep it in sunlight. This process be done again and again (or eleven times). For this rural places will be better (old lime pots). If not available prepare the pot as above. The pot must totally scrapped of the lime and put black mica (*Krishna Appiragam*) powder and pour lime juice. The juice must be 4 to 5 cms. above the powder. Close the pot with a lid, seal it with mud and after the sealant dries, put it in a pit 6 of cms. deep and arrange cowdung cakes and burn. After cooling take out the substance from the pot and put it in a mortar and ground with peanut (*ground nut*) creeper leaves juice adding little by little for 12 hours. Make them in to cakes and dry. Put it in a pan and seal it with a lid and burn again as above. This process should be repeated for 7 times. By Nature's will, the *parpam* will be superior.

Dosage : 260 mg to 390 mg.

Adjuvants and ailments cured

No. : 1

Cow's butter or mixed butter	35 gm

If the adequate quantity of parpam taken along with butter once the morning for 7 days, the Skin ailments *(mega Soolai)* will be cured.

No : 2

Yellow neem leaf	12 gm.
Turmeric	12 gm.
Palmyra jaggery	12 gm.

All above be put into 150 ml of water and heated to reduce 50 ml. and in it adequate quantity of *parpam* to be added. If this is taken twice a day, menstrual bleeding and post natal complications, chronic gynaeic disorder and pains and abnormalities connected with the menstrual cycle and uterus related diseases and dysmenorrhoea will be cured.

No. : 3

Honey	3.5 gm
Liquorice powder (*Athimathuram Chooranam*)	+ 14 gm.

If taken along with the *parpam* once in the morning for 7 consecutive days, all kinds of bronchitis and whooping cough will be cured.

No : 4

Butter	8.75 gm
Honey	8.75 gm

If taken together along with adequate quantity of the above parpam twice a day, all types of gonorrhoea (*Piramegam*) will be cured.

No : 5

Pepper powder	8.75 gm
Butter	8.75 gm

If taken together with the *Parpam* twice a day for 7 consecutive days, paralysis and paraplegia will get cured.

No : 6

Solid curd	17.5 gm
Honey	17.5 gm

If these are taken together with *parpam* cirrhosis and other liver and spleen disorders and malfunctions will cure and if given with other adjuvants, twice a day for 7 consecutive days, leucophlegmatic and dropsy will be cured.

Further if the *parpam* is taken together with proper adjuvant drugs, 21 types of dermatalogical diseases will be cured.

Dietary Restrictions

Fish, dried fish etc. should be totally avoided. Other things are discretionary.

108. MICA ESSENCE CALCINED OXIDE
(APPIRAGA SATHU PARPAM)

Ingredients

Mica essence (*Appiraga Sathu*)	35 gm.
Mudar- Calotropis gigantea (*Erukkam pal*)	q.s

Method of Preparation

Grind *Appiraga parpam* in a mortar adding the Latex of Mudar plant (*Erukkampal*) little by little for 6 hours. Make

cakes after drying. Keep in an earthern pan and close it with a lid and seal with mud. Dry it and burn by placing in a pit of 60 cms and allow it to cool. Again apply the latex of Mudar plant and ground for 6 hours. Repeat this process for 7 times to get a *parpam* of high quality.

Dosage : 130 to 390 mg.

Adjuvants & Usage

No : 1 – A

Peel of Yellow Indian gallnut- Terminalia chebula (*Kadukkai thol*)	each 1.75 gm.
Peel of three varieties of Belerica typical (*Thanrikkai peel*)	
Dried goose berry Emblica officinale (*Nelli mulli*).	
Honey	5.25 gm

If taken together with the *parpam,* it cures anamia

No : 1-B

The above *parpam*	1.75 gm
Cow's ghee	5.25 gm

All to be mixed and taken with *parpam* for curing ***Hali Muka Pandu* and erythropoetic malfunctions (less blood syndrome oligemia)

No : 2

Goat's ghee (*Vellattu Nei*)	10.5 gm

** Halımuka Pandu (Alimuga Paandu) a disease in which the blood is contaminated and a general swelling of the body is then followed with a deep yellow or blue tint to the skin. It is marked by an excessive preponderance of the deranged Vatha and Pitha. It is so called from the blue colour which it imparts.

Bamboo salt powder (*Moongil uppu chooranam*) 520 mg

Honey 14 gm.

If the above *parpam* is consumed in adequate quantity together with these adjuvants, all types of blood coughing pulmonary affliction (like TB), breathing problems and cough will be cured. Haematemesis will also be cured.

No : 3

Himalayan silver fir- Abies webbiana
(*Thalisapathri chooranam*) 3.5 gm

Honey 7 gm

If taken together with adequate quantity of the above *parpam* it cures all kinds of dysentery.

No. 4

Tree turmeric *Chooranam*-Coscinium fenestratum
(*Maramanjal*) 3.5 gm.

Honey 10.5 gm.

Together with *parpam* if taken, cholaemia (Raththa pitha disease) and less blood (Oligemia) will be cured.

No : 5

Lotus flower juice – Nelumbium speciosum
(*Thamarai poo charu*) 10.5 gm

Honey 10.5 gm

With the above *parpam* this adjuvant cures gonorrhoea (*Pira megam*)

No : 6

Vitis vinifera-Dried grapes (*Draksha*) 1.75 gm

Bamboo salt powder
(*Moongil uppu chooranam*) 520 mg.

Honey 3.5 gms.

The first two items ground and mixed with honey and if taken along with the *parpam* cures, blood tuberculosis and coughing out of blood and haematemesis (vomiting of blood). Further, with suitable adjuvants many other diseases will be cured. One can personally realize the effects of the medicine while taking alongwith proper adjuvants.

Dietary restrictions : Tamarind, smoking and sexual contact must be avoided.

NOTE : The *parpam* prepared as above can be used with all varieties of pills and *chooranams.*

109. MICA CALCINED OXIDE - VI
(APPIRAGA PARPAM)

Ingredients

Black Mica N*avaneetham* purified *Krishna appiragam*	70 gm.
Tooth brush tree leaf juice (*Kodiyuga Ilai Charu*)	650 ml

Method of Preparation

Above *Navaneetham* be placed in a porcelain vessel, poured with *Kodiyuga* leaf juice and dried in the sunshade for 3 days. The solution should be stirred 3 to 4 times a day. If the sun is severely hot, the juice will dry. If the sun heat is not severe, the juice will not dry and remnent will be there. If it is the case, dry the solution continuously as possible without hesitation till the juice dries up completely. The colour of the *parpam* depends on the drying of the juice. Therefore without hurry, steadily after the juice dries up, take the substance; put in a mud pan and seal with lid and mud and put it in 60 cms. deep pit and burn with cowdung cakes. After cooling, the substance taken out will be of good quality. But sometimes due to

defective processing and also due to differenciation in the juice a complete *parpam* will not result and it will be half baked.

Therefore examine the *parpam* carefully and again grind with *Kodiyuga* leaf juice for an hour and dried in the sun and ground in onion juice for an hour and made into cakes and dried and again to be put in *puda* (heated). When it cools down, the resultant will be a very good *parpam.*

Dosage : 260 to 390 mg.

Adjuvants and curative properties

No. 1

Root bark of Phyllanthus multiflorus (*Neer poola ver pattai*)

Root bark of Wound plant – Sida acutta (*Pon musuttai*)

Alangium larmarcki (*Kadalazhinji pattai*)

Nut grass – Cyperus rotundus – (*Koraikkizhangu*)

Seed having clearing nut – Strychnos potatorum (*Thetran vidhai seeval*)

Peel of Chebulic myrobalan yellow variety – Terminalia chebula (*Manjal kodukkai thol*)

Peel of beleric myrobalan – Terminalia belarica (*Tanrikkai thol*)

Dried gooseberry – Emblica officinale (*Nelli imulli*)

Take the above all items each 35 gm.

All to be mashed, powdered and filtered in a clean white cloth and the powder *(chooranam)* of fine mash variety to be collected. In the *chooranam* 5.25 gm, honey 8.75 gm together with *parpam* if taken in adequate measure, diabetes *(Poorana*

madhu megam), digestive diabetes (*Seerana Madhu Megam*), initial stage diabetes mellitus and excessive urination will be cured. Within a week the quantity of urine and urine sugar will get reduced. Further, if one of the adjuvants among *the chooranams, kudineers* and *elagams* is chosen according to the individuals and administered for the above mentioned diabetic disorders it will show fast and better cure.

No.2

Adatoda vasika root bark powder	each 5.25 gm
Rosewood tree bark chooranam (*Karungali*)	
Crab's claw powder – (*Karkatasringi chooranam*)	
Abies webbiana (*Thalisapathri*) powder	
Honey	7 gm

If the above adjuvant is taken with *parpam*, breathing diseases and cough will be cured.

No. 3

Winter cherry – Withania somnifera (*Amukkara kizhangu chooranam*)	1.75 gm
Seenthil sakkarai – (A fine white powderprepared from the bulbous root of moon creeper)	1.75 gm
Cyperus rotundus powder (*Korai kizhangu chooranam*)	1.75 gm
Cow's ghee or Butter	10.5 gm

All these together with *parpam* if taken, it cures phlegmatic ills. With proper adjuvants 21 types of skin diseases will get cured. Therefore let people use adjuvants with their knowledge gained through experience and attain salvation.

Dietary Restrictions : *Discretionary according to convenience.*

110. MICA CALCINED OXIDE - VII

(APPIRAGA PARPAM)

Ingredients

Green bamboo (*Pachai moongil*)

(one metre in length and 8 cm. in circumference with a joint at the one end to be taken).

Rubbish plant root-Acalypha indica (*Kuppaimeni ver*) 700 gm

Method of Preparation

The above ingredients be mashed into a paste and made into two parts. One part of the above paste (i.e. 350 gm) have to be strongly stuffed into the Green Bamboo tube and above it *Krishna Appiraga Navaneetham* 70 gm. to be placed and another 3.50 gm of *Kuppai meni* root paste had to be stuffed again. The moth of bamboo tubes be closed by a joint and tied. Make mud cloth seal of five layers and dry it. Then it must be burnt (processed with heat-(*pudam*) calcinations with 50 cow dung cakes each weighing of 350 gm. If taken after cooling, the *parpam* will be whitish. While taking, the Rubbish plant root paste ash will also be there mixed together. But the later will be balck in colour. *Appiraga Parpam* will be white. By experience in one or two processes the difference will be easily identified.

Dosage : 260 to 390 mg.

Adjuvants : Honey, Ghee, Breast milk etc.

Diseases cured : Venereal diseases, diabetes, asthma, cough with wheezing etc.

Dietary restrictions : As said above

111. MICA CALCINED OXIDE - VIII
(APPIRAGA PARPAM)

Ingredients

Purified Black Mica cream	35 gm.
Burnt Carbonised Salt (*Kari Uppu*)	17.5 gm
Salt petre (*Vedi uppu*)	17.5 gm
Juice of – Sesbania grandiflora (*Akathi keerai charu*)	q.s

Method of Preparation

The first three substances are put into a mortar and well ground, and then Sesbania grandiflora juice is added little by little and ground for 12 hours and made into cakes and dried. Then put into a small mud pan and covered with a lid of similar shape and size and sealed with mud of five layers and dried. Then burn with 3.5 kg. of cow dung cakes; cool it; and then takout and ground with the herbal juice for 12 hours (as said earlier) and made into cakes and dried. Repeat the process for three times. After the third processing, allow it to cool and the parpam will be whitish.

Dosage

520 to 1040 mg.

Adjuvants and diseases cured

Indian sarsaparilla – Hemidesmus indicus (*Nannari root bark*) mashed and made into fine powder and mixed with cow's milk and ground in a granite slab (*Ammi*) and have the cream thus got	10.5 gm.
Butter	10.5 gm.

Both together with the above *parpam* if taken, it cures newly acquired venereal diseases and chronic venereal diseases also.

Drumstick bark juice – Moringa oleifera (*Murungai pattai charu*)	7 gm.
Honey	7 gm.

The adjuvants if taken together with the above *parpam*, cures venereal fevers (Pyrexias) and bone fevers (Ostconsus). Further with cow's butter, ghee and honey and with other apt adjuvants additions, *parpam* can be administered.

Dietary Restrictions

According to the ailment, physical conditions and the verility of the malady, harsh and easy dietary regulations are to be adhered to. Further substances that are incompatible with *appiraga parpam* have to be avoided.

112. MICA CALCINED OXIDE - IX
(APPIRAGA PARPAM)

Ingredients

Black Mica (*Cream Purified Kirshna Apiragam*)	70 gm.
Light lime water	q.s
Ceylon leadwort-Plumbago zeylanica (*Chitramoolaverpattai*)	q.s
Dyer's indigo – Indigofera tinctoria (*Avuri* leaf)	q.s

Method of Preparation

Navaneetham should be put into the mortar and adding light lime water little by little ground for 6 hours. Then make into cakes and dry. Ceylon lead wort root bark to be ground with water like a cream and it must encase the cakes already made. On it mud sealings must be done with two layers and it must be baked, after drying in a pit of a metre deep. After cooling it is taken out and again baked after grinding in the mortar with mild

lime water. Third time also the process is to be repeated. By Nature's grace, what is got will be whitish *parpam.*

Dosage : 260 to 1040 mg.

Adjuvants

Honey, ghee, *chooranams*, salads (*Elagams* – semi solids) etc.

Diseases cured

Venereal diseases, excessive micturition, diabetes etc.

Dietary Restrictions

Tamarind, smoking and sexual contact should be strictly avoided.

Lime water

Unslacked or Seashell lime	1300 ml
Dew water or Ordinary water	2600 ml

The above powder (Before taking mild lime water, it should be cleaned and should not contain stones and other substances, unbaked particles and similar impurities) should be put into a mud pot and 2600 ml. of the above dew or ordinary water (dew water is preferable) is to be poured closed and kept. After the emanated heat subsides pour the remnant dew water or ordinary water and to be stirred well and be kept. For two days it must be stirred with a bamboo stick four to five times daily. Third day without stirring, it must be kept undisturbed. Fourth day the superficial solution must be siphoned off and kept in an amber black colour bottle. This lime water alone should be used for the *parpam.*

113. MICA CALCINED OXIDE - X
(APPIRAGA PARPAM)

Ingredients

1. Mica Cream (*Appiraga Navaneetham*) 70 gm.
2. Purified Camphor Silajit (*Karpoora Silasithu*) 70 gm.
3. Mullugo lotoides (*Ciru seruppadai*) juice q.s

Method of Preparation

The first two ingredients are put into a mortar and ground with the juice of the third adding little by little for 12 hours and made into cakes and dried. Then put into a small pan and close with another pan identical and seal with mud with 7 layers and baked *Yanai pudam* (Elephantine calcinated (Sublimated) by fire. After cooling take out and put into the mortar and as done above, add little by little the *ciru seruppadai* juice and grind for 9 hours. Again make cakes and sublimate with fire as done before. After the cakes dry, calcinate. This process be repeated for three times. If the calcinations (sublimation) are done five times, whitish *parpam* will result.

Dosage : 260 to 390 mg.

Adjuvants : Ghee, butter, honey etc.

Diseases cured : Gonorrhoea, 21 types of Venereal diseases diabetes, phlegmatic illneses and bile related Pitha diseases etc.

Dietary Restrictions : Bile producing food stuffs and spicy food stuffs.

114. MARBLE MICA CALCINED OXIDE - I
(PALINGU APPIRAGA PARPAM)

Method of Preparation

White Mica 70 gm. should be sliced into sheets equivalent to the weight of palmyra leaves, weighed and soaked in Trailing eclipta juice- Eclipta prostrate (*Kaiyanthakarai*) of 700 gm and keep under shade, for the juice to dry. After the juice completely dries up, 1/4th metre square of cow dung cakes to be spread and calcinated after spreading the ahead prepared mica sheets. By this process Marble mica gets purified. For every sheet *China Venkaram* twice in weight of the sheets weight and one part (equal weight of the sheet) of salt petre (*Vedi uppu*) both together must be finely powdered and a little of the powder to be spread on a mud shell and on it the earlier calcinated mica sheet must be spread. On that again the powder to be strewn and again a sheet to be placed. Likewise alternatively the powder and the sheets must be arranged. Seven times mud sealing to be done and ½ metre calcinations, fire sublimation must be done. After cooling, whitish *parpam* will be there. The preparing method and the flow of heat are uniform and correct in one stroke, the *parpam* will be defectless. If the calcinations are not satisfactory it should be mashed in lemon juice for 12 hours again and calcinated again in fire. If the preparation is done by this method, faultless *Parpam* will result.

Dosage : 260 to 390 mg.

Adjuvants

Ghee, butter, Ash pumpkin salad *Koozhpanda* ghee (*Koozh panda Elagam*), Strychnos potatorum (*Thettrankottai elagam)* etc.

Diseases cured : Venereal diseases, Gonorrhoea, Dysuria and other UT diseases.

Dietary restrictions

Spice foods, smoking, tamarind and coitus must be totally avoided.

115. MARBLE MICA CALCINED OXIDE-II
(PALINGU APPIRAGA PARPAM)
(*Different method*)

As said earlier Marble mica has to be soaked in Eclipta prostrata (*Kaiyanthakarai*) juice and calcinated in fire.

Ingredients

Purified Mica 70 gm. Unslaked Seashell lime 210 gm. Salt petre (*Vedi uppu*) powder 105 gm. Onion juice (-Allium cepa) required quantity.

Method of Preparation

The lime and salt petre be separately made into two parts. In a pan like vessel (mud) one part of lime be spread and over it one part of salt petre be spread. Over it Mica pieces have to be spread. On it other part of salt petre has to be spread and another part of sea shell lime also has to be spread on it. Since these general notes are adequate for capable wise persons, they learn themselves as how to do one after another and do accordingly as warranted. Then cover with a concave upper mud pan seal 7 times with mud and do ¾ th or 1 *Gaja Puda* (sublimation in fire). After cooling it is to be taken out and ground with onion juice for 12 hours and made into cakes and dried. After cooling if taken, the unblemished *parpam* will be of high quality.

Dosage : 260 to 520 mg.

Adjuvants and diseases cured : As above

116. MICA LIME - I
(APPIRAGA CHUNNAM)

Tooth brush tree – Salvadora persica (*Ukapattai*)	700 gm.
Purified Mica *Navaneetham*	70 gm

Method of Preparation

The bark of Tooth brush tree be mashed like cotton fibre and made into two parts. One part to be kept in a mud pot and stuffed (pressed) and on it, Mica Navaneetham to be placed. On it again, the remaining part of *ukapattai* powder to be pressed and the mouth of the pot to be closed with a lid and sealed with mud and dried. *Gaja pudam* to be done (Sublimation in fire). If taken after cooling, it will be a severely alkalinated lime. If treated with lime it will turn in to red cololur.

Dosage : 65 to 130 mg.

Adjuvants : Honey, ghee, breast milk, betel leaf etc.

Diseases cured : Cough, cough with wheezing and urinary diseases.

Dietary restrictions : Avoid tamarind, smoking and sexual activity.

117. MICA LIME - II
(APPIRAGA CHUNNAM)
(Different)

Purified Mica *Navaneetham*	35 gm.
Soap water (*Savukkara Ceyanneer*)	q.s

Method of Preparation

The *navaneetham* be placed in a mortar and ground with the above soap water adding little by little for 12 hours. Make

the paste into cakes and place in a shell shaped mud vessel (mud pan) and close with a concave lid and seal with mud (5 times) and dry calcinate (sublimate in fire) with 2100 gms. of cow dung cakes. Take after cooling and as done earlier ground with soap water and made into cakes and calcinate again. Repeat this process once more. Within three calcinations it will become severly alkalinated lime. If not, this process has to be repeated for the fourth time.

Dosage :

130 to 390 mg.

Diseases cured

With proper adjuvants venereal diseases, urinary diseases (renal), pulmonary diseases (cough related diseases) and indigestion will be cured.

Dietary restrictions

To be prescribed on the basis of the virility or severity of the malady and the physical strength of the patient.

Soap water

Preparation process is described in our *Rasavaidya Cintamani – Part . 1*

118. RED CALCINED POWDER OF PUNGENT LIQUID
(CHENDOORA CEYANEER)

Ingredients

Penta dried Salt petre (*Ayntham kaichal Vedi yuppu*)	350 gm.
Boiled Salt (*Attuppu*)	175 gm.
Alumen Alum – (*China karam*)	175 gm

Ammonium chloride (*Navacharam*)	175 gm
White Arsenic (*Vellai Padanam*)	175 gm
Emblica Sulphur – Emblica officinalis (*Nellikai Genthagam*)	105 gm.
Impure potash carbonate – (*yavacharam*)	78.75 gm.
Gren vitriol – Ferri sulphas – (*Anna bedhi*)	70 gm
Tamarind old (removed fibre and seeds) (Tamarindus indica fruit-old)	525 gms.

Method of Preparation

Except tamarind, all the ingredients be separately pulverized in mortar and kept separately. Then altogher must again be pulverized in the mortar for one or two hours and kept together. Then the tamarind has to be put in the mortar and the powdered ingredients have to be put little by little and ground. After putting all the powders, grinding should still be done for one or two hours. Then it should be put in a granite grinder and mashed (pestled). A pungent liquid preparation (*Ceyaneer*), quality and effectiveness will be in proportion to our pestiling. Therefore it must be pestled for atleast 6 hours and made into cakes of plam size. On an oven, in a mud pan, one of the above cakes be placed after the pan gets heated oven fire should be regulated to burn slowly. The cake will produce a hissing noise and discharge smoke. Sometimes, the cake may furiously raise. So one must be very careful after putting the cake into the vessel. As soon as the smoke and hissing subsides, another cake has to be put. All the substance could be made into a single cake and put into the pan, but because of the threat of hissing and raising out, it is preferable to put the cakes one after another as mentioned above; it is an easy and safe method. So, as seen above, one after another the cakes to be put baked and burnt into whitish lime and taken. Then it must be put into a mortar

and pestled (pulerised) and packed into a bag in a strong cloth and in a mud pot, on a porcelain shell allowed to hang; to be closed with a lid and sealed with 7 layers of mud cloth and buried into wet earth. The mouth of the pot should have wetted mud for a feet and watering to be done; if the earth in which the pot is buried is dry, the earth must be sprinkled with water daily and kept undried. In this way, after 40 days, when taken the *Ceyaneer* would have percolated into the porcelain. This pungent liquid is used for preparing red calcined powder of nine metals (*Navalokams*), Mercury (*Irasam*), *Vajjirakangal* Rubnies (*Kembus*) etc.

Dosage : 1 to 5 drops.

Adjuvants

Sugar, flour of roasted paddy (*Pori arisi ma*), paddy flakes flour, hot water and water etc. and other discretionary to relevant ills.

Diseases cured

This pungent liquid can't said to be suitable for one disease and not suitable for another disease. It can be administered internally for all diseases. If applied externally 18 varieties of leprosies will be cured. Further, Mica calcined oxides so far seen and all other varieties of red calcined mica to be seen hereafter. If ground with this pungent liquid preparation for 3 to 6 hours and calcinated (sublimated with fire) it will be similar to the saying "Golden Flower has fragrance" and each preparation made in conjunction with this will have superb effect and quality. To disclose all the secrets, this small book will not allow space.

119. MICA ESSENCE OF RED CALCINED POWDER - I
(APPIRAGA SATHU CHENDOORAM)

Ingredients

Mica Essence (*Appiraga sathu*)	35 gm.
Pungent liquid of Red calcined powder (*Chendoora seyaneer*)	q.s

Method of Preparation

Above essence be put into a mortar and pungent liquid preparation to be added little by little and grind for 3 hours and made into cakes kept in a mud pan, closed with a similar pan and sealed with 3 layers of mud cloth and dried and calcinated. Ten times the weight of the container's weight must be the weight of the cowdung cakes to be used for calcinations. Taken out after cooling. Again repeat the same process 10 times. The resultant will be the red calcined powder like blood.

To test as to whether this red calcined powder had become perfect, one has to take a small sized mud pot and pierce tiny holes on its sides and seal them with honey bee wax etc. and fill the pot with water according to the capacity of the pot and put 130 to 260 mg. of the red calcined powder and remove the seals. A single drop of water will not come out. If the experimentary is in unison, one has to ascertain the red calcined powder had attained perfection and keep it. In case, the powder does not stand this test as before, again it must be churned with pungent liquid for 3 hours and calcinated in a simple method for 5 times and it will stand all tests.

Another method of Testing

Well ripen and soft banana fruit into which a needle head size of the red calcined powder should be injected and kept for

5 or 10 minutes. Thereafter if the banana becomes rocky, the red calcined powder is perfect.

Only these two methods are important tests. These are proven, and can be seen by our eyes. Though we have heard about varieties of other experiments they do not come under the ambit of our experiences, we do not mention them here.

Dosage : 130 to 520 mg.

Adjuvants :

Honey, ghee, Tanner's senna (*-Aavarai panchanka chooranam, Aavarai Panchanka kudineer*) discreet creams (*Elagams)* etc.

Diseases cured

21 types of venereal diseases, 21 types of diabetes, 12 types of leucorrhoea (*Soma Noi*) 18 types of leprosy and many other ills. If the *chendooram* is used for a year continuously, greyness of hair and wrinkles of skins will change and a miraculous success attained by the Siddhars for living for a very long time (*Kaya Siththi*) salvation of body etc. will occur.

Dietary restriction

To be followed discreatly according to the respective diseases.

120. MICA ESSENCE RED CALCINED POWDER - II
(APPIRAGA SATHU CHENDOORAM)

Ingredients

Purified *Krishna Appiragam*	35 gm.
A Pungent liquid preparation	q.s

Method of Preparation

Above mentioned ingredients be churned for 3 hours and calcinated in fire. This process should be done for 25 times. To be tested on the above mentioned lines and if it withstands the test, assume the red calcined powder is perfect and be stopped. Then in case it is not so, calcinations should be done again for 5 times as it does happen. As necessity warrants this process may be done for 50 times too. All depend on the colour of the liquid's strength, grinding plan of calcinations and the fire and so correct assessment is difficult. So after 25 calcinations again repeat the process yet another 5 times is a necessity and conclusion. In as much as the calcinations are perfomed as much the potency of the product is enhanced (i.e. Superiority of the product gets enhanced when the calcinations are increased in number) and it will not impair the potency of the drug. As this calcinations are easy and simple to do and the grinding period is only 3 hours, we can say this process is quite simple. For other methods, numerous herbs have to be located and obtained. Each time, grinding has to be performed for long hours. Calcination has to be done in pits of 45 cm, 67 cm' and 90 cm. depths.

Dosage, Adjuvants, Diseases cured, Dietary Restrictions etc. are as described above.

121. MICA ESSENCE RED CALCINED POWDER - III
(APPIRAGA SATHU CHENDOORAM)

Ingredients

Mica *Navaneetham*	175 gm.
Lemon juice	650 ml.
Root bark of Lead wort-Plumbago genus. (*Kodoveli ver pattai*)	350 gm

Method of Preparation

Above said *Navaneetham* to be placed in a porcelain vessel and soaked with lemon juice. The lemon juice should be 4 cm. above the powder. Allow it to remain for 24 hours. Afterwards it must be ground to make it creamy like butter and made into cakes and dried. Above mentioned root bark of Leadwort should be mashed and powdered and ground in lemon juice if there is left over; or else some more lemon juice is to be added and it must be ground into fine ointment like substance and separated into two parts and kept. Then two concave mud vessels in round shape (these vessels must be small and circular and concave like the village mud lamps) must be taken and rubbed even on a rough surface so that the two fix without gap, if one is inverted on the other (lid like) to form into a compact container. In one root bark of Lead wort well ground paste one part must be placed and another part in the second vessel and to be closed with edges of both fixing on each other without gaps. It may be sealed with 7 layers of mud cloth and be dried. For this container, calcinations are to be done with cowdung cakes 20 times in weight to that of the container. When taken after cooling, the required red calcined powder will be obtained. The calcinations must be pit oriented or in a place devoid of air blowing (Fire flame may vary if the place is not free from air passage and the desired heat cannot be obtained). If the fire is proper red calcined powder will be ready in a single calcination. During calcinations if the fire is inadequate, red calcined powder will be incomplete. In that case again the process shuld be repeated again. Then it will become *chendooram.* Sheltering this (encasing) substances and this plan of calcinations can be learnt automatically in one or two experiments. But if the correct method is adhered the product will be converted into high quality chendooram in one stroke. Novices who do it for the first time, if done with a little

devotion and responsibility they also can do this in one shot without faulting.

Dosage : 130 to 260 mg.

Adjuvants : Honey, ghee, ginger juice

Diseases cured : Leprosy, dyspepsia and gonorrhoea.

It given with adjuvants said in other Mica calcined oxide respective maladies will be cured. For the above mentioned leprosy like diseases, apt powders, salads, ghee and pit oil. If given along with red calcined powder of Mica in sufficient measure, the above diseases will speedily and certainly get cured.

Dietary restrictions

According to the virility of the diseases and physical strength of the patient, the food restrictions should be rigid or mild.

122. MICA ESSENCE RED CALCINED POWDER - IV
(APPIRAGA SATHU CHENDOORAM)

Ingredients

Krishna Appiragam	70 gm.
Red flowering Castro plant leaves juice -	q.s

Method of Preparation

Above *Navaneetham* be put into a mortar and adding the above juice little by little to be ground for 12 hours and made into cakes and dried. Then it should be placed in mud lamp like round concave shell like vessel and closed by another vessel and sealed with 7 layers of mud cloth and dried. Then it should

be calcinated with country fuel of dried mammalian excreta in 1 metre pit and taken after cooling. If the grinding and flame are exact and correct *chendooram* obtained in one calcination will be good (not like jelly). If the *chendooram* is not jelly like, it will be a little pale. So in the above juice it is to be ground for 12 hours each again and again and calcinated two times continusly. Then the resultant will be of good in colour and quality. Toiling brings results. If one is languorous (slack) it will be hard to get the desired result. Enthusiastic and effort oriented people will do this for the benefit of mankind and consequently attain divine blessings and grace.

Dosage : 260 to 390 mg.

Adjuvants

Ghee, honey, Glycirrhiza glabra papaver somniferum treacle, Ocimum sanctum treacle etc. may be used with discretion.

Diseases cured

Gonorrhoea, diabetes, asthma and cough with wheezing.

Dietary restriction

According to the severity of the disease.

123. MICA ESSENCE RED CALCINED POWDER - V (APPIRAGA SATHU CHENDOORAM)

Ingredients

Appiraga navaneetham	70 gms
Aloe vera (*Sotru kathazhai*)	1600 ml
Latex of Purging nut – Jastropha curcus – *(Nattu Kattamanakku pal)*	q.s

Method of Preparation

The Above *Navaneetham* be put into a small mud vessel and the juice of Aloe vera 160 ml. are sto be added and heated on an oven so that the liquid part to evaporate completely. Again another 160 ml. of the liquid has to be added and burnt as above. Similary the liquid be added at the rate of 160 ml. at a time and burnt for evaporation of the above milk completely. Then putting the substance in the mortar and adding the Latex of purging nut little by little ground for 12 hours and made into cakes and dried. Two well baked bricks to be evened (for uniform surface level) and in one brick, a circular whole is to be dug, so that the cakes when placed are fit into inside well. In this bricks whole, the cakes are to be placed and another brick should be put over the one that containing the cakes and to be sealed with 7 layers of mud cloth and dried. Calcination be done in 90 cms. deep pit. After cooling if taken, the colour of the product will be reddish like Shoe flower.

Dosage : 260 -390 mg.

Adjuvants : Honey, ghee, butter and others as mentioned in previous mica calcined oxide.

Diseases cured : All kinds of gonorrhoea and diabetic related diseases will be cured.

Dietary restrictions : As per the nature of the disease and the strength of the patient's physique. The diet may be prescribed by the physician.

124. MICA ESSENCE RED CALCINED POWDER - VI

Ingredients

Mica *Navaneetham* 175 gm.

Lemon juice q.s

Vinegar q.s

Neepa tree leaf juce (Samadera indica)

Nilak kadambu Ilai Charu q.s

Method of Preparation

Put the Navaneetham in a vessel (utensil) coated with in inside and pour lemon juice and vinegar into it in equal quantity. Such liquid should be 0.5 cm. above the Navaneetham. It should be stirred often. Everyday the old liquid is to be siphoned off and a new liquid in equal share to be poured afresh. Continue the process for four days. On the fifth day slowly and deftly all the liquid must be siphoned off and the remnant will be butter like – viscous. Put that substance into a mortar and grind for 12 hours adding the neepa leaf juice little by little. Then make the paste into cakes of small size and keep in a porcelain plate and put in sunlight to dry so as to make it free from the water content.

After they dry to the level of making a metallic sound (if dropped) without keeping remnants, equally all cakes must be arranged on a mud tile and closed again with another tile and sealed with 7 layers of mud cloth and in 90 cm. pit calcinated. After the fire completely subsides and cools off, the substance has to be taken and again put in a mortar and grind with Butter leaf plant (*Nilakkadambu*) juice adding little by little for 12 hours and make into circular cakes (as done before). They should be dried and arranged in a mud tile as before and calcinated again. Calcinate it for five times. In total if calcinations are done 7 times the red calcined powder obtained will be of high quality without any blemish. This is a superior process.

It is done as per the guidelines (after much research and experiment) of a Demi-God (*Mahaan*). Even 100 times

calcinated Red calcined powder of Mica can't compete this in potency. Able people if they calcinate in the above herb 17 or 21 times, this will be in total congruity with those above mentioned pungent liquid connected Red calcined oxide tests for potency and genuineness.

Therefore people who prefer according to their abilities can calcinate as many times as they want without retreating on account of the hardships faced. If this is prepared and kept by the affluent and the able, even very virulent diseases can be curtailed, eradicated and cured.

Dosage : 260 to 390 mg.

Adjuvants : Ghee, honey, suitable decoctions, powders and malt like preparations (*Elagams*).

Diseases cured : Asthmatic diseases, venereal diseases, diabetes related diseases and gonorrhoea etc and many others in which this medicament can be used.

Dietary restrictions : In unison to physical strength of the patient and the nature of the illness, medicine are to be recommended or administered with discretion.

125. MICA ESSENCE RED CALCINED POWDER - VII (APPIRAGA SATHU CHENDOORAM)

Ingrediens

1. *Appiraga Navaneetham* 280 gm.
2. Purified Emblica Sulphur (*Nellikkai Genthagam*) 35 gm.
3. Latex of Mudar sun plant exudate (*Erukkam pal*) q.s.

4. Peel of Indian gall nut (Terminalia chebula) (*Manjal kadukkai*) q.s
5. Peel of Beleric myrobalan – Terminalia belerica (*Thanrikkai*) q.s
6. Dried flesh of the Emblica myrobalan (*Nelli Mulli*) q.s

The drugs in Sl.No. 4, 5 and 6 must be taken in equal weight and boiled adding 16 times of water and reduced to $1/8^{th}$.

This is A decoction.

7. Peepul tree bark decoction – Ficus religiosa (*Arasampattai kudineer*)
8. Bark of Portia tree- Thepesia populnea (*Puvarasam pattai kudineer*)

These above two (Sl. No. 7 and 8) have to be separately put into water (16 times in weight of the bark) and reduced to one eighth by boiling and then filtered and kept.

This is **B** decoction.

9. Cow's milk.

Method of Preparation

The first two substances are added together and ground in Latex of mudar adding little by little for 12 hours and made into circular cakes and dried. Then put in a mud cup of the country lamp size (circular and concave) and covered by another of similar shape and size and sealed with mud 7 layer of mud cloth and dried and calcinated in 90 cms. pit and taken and kept after cooling. Then again adding little by little Muppalai Kudineer. (Three myrobalan fruits decoction) it must be ground for 12 hours and again make into cakes as done before. This process is to be repeated four times. In total five calcinations had to be done similarly it is calcinated in peepul tree bark – decoction for

five times, again it is calcinated five times in the bark of portia tree decoction, and at last in cow's milk once as above.

In all 17 calcinations are done and the resultant *Chendooram* will be like as red as the flower of Erthrina indica (*Murukkam poo*)

Dosate : 195 to 390 mg.

Adjuvants :

Ghee, honey, butter with suitable powders and salads etc.

But when given along with – *Aya chendooram* (Ferrous - ferric) special effect has been noticed. If done on the above lines, the cure rate will be high, quick and certain.

If the red calcined powder is singly used, the effect will be less pronounced and slow. Therefore if the disease is acute and the patient is weak, the physician must prescribe multiple therapy regimen together with relevant metallic red calcined powder. If not, the drug can be prescribed singly also.

All these entirely rest on the experience and intelligent quotients of the physicians.

Diseases cured : Diabetes, asthma, wheezing, leucorrhoea and Ggonorrhoea.

Dietary restrictions : According to the condition and circumstances, it can either be mild or rigid.

126. MICA ESSENCE RED CALCINED POWDER - VIII
(APPIRAGA SATHU CHENDOORAM)

Ingredients

Group – A

Black Mica *Navaneetham* 175 gm.

Group – B

1. Jambul bark juice – Eugenia jambolana (*Naval pattai charu*
2. Indian gooseberry bark juice – Emblica officinalis – (*Nelli pattaicharu*)
3. Indian coral tree leaves juice – Erythrina indica – (*Kalyana Murukkilai charu*)
4. Tamarind leaf juice (*Puli Elai charu*)
5. Lemon juice – Citrus aurtium
6. Five leaved chaste tree leaves juice – Vitex negundo – (*Vennochi Elai charu*)
7. Eclipta prostrata – (*Kayanthakarai charu*)
8. Banyan aerial roots hanging down from branches (*Alam vizhudu charu*)

(Above 8 ingredients are each quantity sufficient)

Group C

1. Malabar nut leaves juice – Adhatoda vasica (*Adathodai charu*) q.s

Method of Preparation

Put the *Navaneetham* into a mortar and each one of the above 8 juices in Group B should be added little by little separately one by one and ground well. Each grinding is to be

done for 12 hours respectively. Then make into circular cakes and be sealed with mud tile, dried and calcinated in 90 cm. pit. Each calcination with each juice may be done individually for 5 times. Total calcination will come to 40 times. Then Adathoda juice to be added little by little and ground for 12 hours and calcinated for 7 times again and again. In all, the calcination has to be done for 47 times. The resultant chendooram (Rubrum) will be in the colour of pomegranate flower (*Mathulam poo*) without gel like blemish.

Dosage : 130 to 390 mg.

Adjuvants : Honey, ghee, butter, *chooranams* and decoctions etc.

Diseases cured : 21 types of gonorrhoea, 21 types of diabetes and all diseases related with Pitha.

Dietary restrictions : According to the warrants of the circumstances.

NOTE : Both the above methods of preparations are difficult. But, there may be some who may prefer to do processes, even if they are difficult. For such of those who should not feel dissatisfied in not finding these processes in this book, the above processes are given.

127. RED CALCINED POWDER OF FERRIC MICA
(AYA APPIRAGA CHENDOORAM)

Ingredients :

1.	Black Mica *Navaneetham*	35 gm.
2.	Boiled Lime (Slaked) water	8.75 gm.
3.	Purified iron powder (Ferric)	43.75 gm.

4. Indian Acalypha juice – Acalypha indica – (*Kuppai meni charu*)
5. Aloe vera juice (*Sottru Kattrazhai*)
6. Radish tuber juice – Raphanus sativus – (*Mullangi Kizhangu Charu*) q.s

Method of Preparation

First the *navaneetham* and the lime water have to be put into a mortar and ground for half an hour. Then the iron powder (Ferric powder) be added and ground in Aloe vera juice for 15 minutes and dried in sun to ward off wetness. This must be stuffed into a baked mud vessel (flask shaped) and sealed well with mud and burnt in a smithy to the level of the flask like vessel's melting by blowing air well. After cooling when the flask is broken, the resultant will be creamy like termitary mud. It should be put into the mortar and ground with Indian acalypha juice adding little by little for 3 hours and made into circular cakes, dried and calcinated in 90 cms. pit. Similarly, in Aloe vera Juice one more calcination has to be done. Then in radish tuber juice the substance must be ground 3 hours each time (totally five times) and calcinated in 90 metres depth pit for five times again and again.

Totally, in all these three (Sl. No. 4, 5 & 6) herbs seven calcinations have should be done. If properly done, by the grace of Nature red calcined powder *chendooram* wil be obtained in superb quality.

Dosage : 195 to 270 mg.

Adjuvants

Tanner's senna bark powder – *Avaram pattai thool* Tanner's senna seeds powder – *Aavaram Vithai Thool* Senna penta, decoction – *Aavarai panchanka kudineer* (Cassia

auriculata), Glycirrhiza glabra powder – *Athimathura thool* Cucumber seed powder – Cucumis sativus – *Vellari vidhai Thool,* seed powder etc. According to the acuteness of the disease, the administration of the medication should be for 20 or 40 days (one mandalam – 40 days)

Diseases cured : Tuberculosis, cough, cough with wheezing, 21 types of diabetes and 21 types of gonorhoea will be cured.

Dietary restrictions : As per the condition of the illness with discretion, according to the acuteness of the disease and the physical strength of the patient.

128. RED CALCINED POWDER OF MARBLE MICA
(PALINGU APPIRAGA CHENDOORAM)

Ingredients

Purified Marble Mica *Nanvaneetham (Palingu Appiraga Navaneetham)*	3.5 gm.
Salt petre (*Vedi uppu*)	52.5 gm.
Indian gur – Jaggery (good quality)	17.5 gm.
Aqua – Water	q.s
Eclipta prostrata juice (*Kaiyanthakarai charu*)	q.s
Lemon juice	q.s

Method of Preparation

Mica *Navaneetham* be placed in a concave circular mud vessel (similar to a country mud lamp) and salt petre and jaggery be mixed and made into a sauce like solution and poured into the vessel (that has the Navaneetham) and in a 90 cm. pit to be calcinated (sublimated in fire). It need not be fully closed. There should be space enough to place a cow dung cake piece as a lid. After cooling, the substance is taken out and

ground with Eclipta prostrata juice for 6 hours each time and made into circular cakes and dried...

This Eclipta prostrata juice calcination should be done for 7 times repeatedly. Then the resultant should be calcinated with lemon juice for 3 times repeatedly. In all, there must be 11 calcinations. If done likewise by the Almighty's grace the red calcined powder obtained will be unblemished.

Dosgae : 260 to 390 mg.

Adjuvants : Honey, ghee, butter etc.

Diseases cured

Gonorrhoea, strangury, ardor urinae venereal diseases, tuberculosis and cough with wheezing etc.

Dietary restrictions

According to the conditions of the illness.

129. RED CALCINED POWDER OF MICA (NAGA APPIRAGA CHENDOORAM)

Ingredients

Naga Appiragam	70 gm

Method of Preparation

Just as *Krishna Appiragam* purification, *Naga Appiragam* should be purified and made into *Navaneetham* butter like substance. Then it should be heated in a mud tile and cooled. It has to be soaked in lemon juice for 24 hours. Then it should be ground with the same lemon juice for 3 hours and dried. Then put into a concave circular mud vessel (similar to a country mud lamp) and cover with an identical vessel and seal with three layers of mud cloth and calcinated in cowdung cakes of 700

gm. After cooling it is to be taken out and ground in a mortar with Eclipta prostrata juice for 3 hours each and dried again and again and in 1400 gm. of cowdung cakes and to be calcinated 21 times again and again repeatedly. Then grind in Banian tree aerial root juice (*Alam vizhudu*) again and again for 3 hours every time and made into circular cakes and dried. Then calcinate it in 2100 gm. of cowdung cakes again and again for 97 times. In all 124 calcinations have to be done. At last with the grace of Almigty, we will get highly superb red calcined powder of *Naga appiraga chendooram.*

Dosage : 195 to 390 mg.

Adjuvants : Honey, ghee, butter, etc. and also other adjuvants according to discretion.

Cureble diseases : 21 types of gonorhoea, tuberclosis, ashtma, fevers (Pyrexias) and anus diseases (haemorrhoids) will be cured.

Dietary Restrictions : According to the severity of the disease and the physical strength of the patient, diet regulations have to be followed.

NOTE : This method of processing is comparatively difficult than all the previous ones delineated. Yet, grinding calcinations etc. are less in repetition and hence if the efforts of the two are compared, both will be more or less similar. Moreover *Naga Appiragam* is rare to obtain. In times of its availability for those who want to prepare *chendooram* from it, a process is necessitated. Also as this is mentioned in other great medical treatise like VAIDYA NOOL, VAAKADA, CINTHAMANI etc. we have also written a process.

130. APPIRAGA AMIRTHEE KARANAM

Mica calcined oxide, Red calcined powder etc. should not be used without purification through the process called *Amirthee Karanam* so say all pharmacological works (Siddha). Therefore physicians should learn the details of this *Amirthee karanam* and do prepare accordingly.

Ingredients

Mica calcined oxide (*Appiraga Parpam*)	10 parts
Three Myrobalans Decoction – (*Tripala Kudineer*)	19 parts
Cow's ghee	8 parts

Method of Preparation

All are mixed and put in an iron vessel and then put on an oven, heated mildly and when the oily substance dries completely, it must be taken out. Thus prepared *Amirthee karanam, Parpams* etc. will be added in all types of drugs. Thus prepared *Amirthee karanam*, red calcined powder with relevant adjuvants if used in all diseases they will be cured. If done so, Mica calcined oxide, Red calcined powder etc. even if they have any defect they will be removed and many types of beneficial properties will be added to them. The specialities of these can be learnt by one and all by their habitant experiences.

Those substances that are incompatible to mica; Salty, soury substances, Cucumber cucumis, bitter gourd, brinjal, bamboo stem *(Moongil pothu)* sesamum, gingelly oil and groundnut etc.

PURIFICATION OF VELVANGAM – STANNUM
(White lead tin *VEL VANGA THOOIMAI*)

Before making calcined white lead tin *Velvanga Parpam* red calcined powder etc. it must be purified well and used. If

not numerous bad qualities (ill effects) may occur. If it is *vangam* it is *thangam* and if *vangam* gets spoilt it will be *pangam* (bad) says a proverb which is well known to all. Though this proverb exists commonly, it contains many hidden truths known to experienced intelligentia. The purification of white lead tin has been delineated in different methods in different pharmacopoeias; but we describe one or two here that gained through our experience.

White lead tin has to be made into a five paise coin thick sheet (flat thin piece). Vitex negundo *(Vennochi)* root bark has to be dried and pulversied into powder and sieved and put into a mortar and ground with latex of mudar – Calotropis gigantea – *(Erukkam pal)* for 3 to 6 hours and taken like wax. This wax substance must be coated on the *vanga* plate (Tin plate) to 1 m.m. thickness all over and dried and put in an iron ladle be and heated to melt. After it gets completely melted, it should be poured into Vitex negundo leaf juice. Thus melted *vangam* (Tin) should be completely immersed in Vitex negundo (*Vennochi*) leaf juice. When *vangam* is tilted into the juice it will spray (splash) and hence one should safeguard his face and eyes. To avoid such risks the juice may be transferred into a small mud vessel and buried in a pit and closed with a lid pierced and through the hole the molten substance be poured. This is riskless. Just like this, arrangements may be made according to circumstances. After completely cooling, the cooled *vangam* (tin Stanum) sheet is to be taken out and hammered a little and again coated with the wax as before and dried, again melted and poured into leaf juice of Vitex negundo. Thus seven times the wax is coated again and again melted and soaked every time in fresh Vitex negundo leaf juice. At last, tin gets purified. Thus processed tin, if made into Calcine oxide or red calcined powder and used, it will give beneficial results which will be clearly seen by the experts in the field.

131. VEL VANGA PARPAM – STANNUM - I

(White Lead Calcined Oxide)

Ingredients

Purified White lead	1 part
Bark of Black acacia burnt ash	
(*Karuvelampattai* burn ash)	4 parts
Tamarindus indica firewood burnt ash	
Puliam firewood burnt ash	4 parts
Red orpiment (*Manosilai*)	q.s
Lemon juice	q.s

Method of Preparation

The White lead tin be melted in an iron sauce pan and both the ashes be mixed and added little by little and it should be agitated with an iron ore within 3 hours. Both the ashes must be put into a mud vessel and stirred continuously. If so that the *vangam* (Tin) will disappear. Then the substance with red orpiment of equivalent weight to be placed in a mortar and pulverized adding lemon juice little by little and ground well for 6 hours, make into cakes and dried. These cakes to be placed in a concave round shaped mud vessel (similar to a country mud lamp) and closed with an identical vessel and sealed with seven layers mud cloth and calcinated in fire in 90 cms. pit. When taken after cooling the calcined oxide will be pure and withstand to all tests.

Dosage : 260 to 390 gm.

Adjuvants and diseases cured

1.	Honey	10.5 gm.
	Cows ghee	10.5 gm.

Both be mixed and if taken with the parpam as per the dosage schedule, oligospermia and gonorrhoea will be cured.

II. Vitex negundo – *(Vennochi)* leaf juice 10.5 gm.
Long pepper – *Piper longum (Dhan-thippili)* 10.5 gm.

Both be mixed and if taken with the *parpam* as per the dosage schedule, gotire, epilepsy and comatose (fainting syncope) will be cured.

III. Peel of Yellow variety Chebulic myrobalan powder
- Terminalia chebula
(*Manjal Kadukkai Thol Thool*) 1.75 gm.
Peel of Beleric myrobalan powder – Terminalia belerica
(*Thandrikkai Thool*) 1.75 gm.
Dried flesh powder of the Emblica myrobalan
(*Nelli Vatral Thool*) 1.75 gm.
Honey 10.5 gm.

Let all these be mixed toghther with the above calcined oxide and if taken as per the dosage schedule, anorectal disorders will be cured.

IV. Fruit of East Indian screw tree
- Helicteres isora
(*Valampurikkai thool*) 1040 mg.
Bamboo salt powder
(*Moongil uppu thool*) 260 mg.
Cardamomum – Cardamon Eletteria
(*Ela Arisi thool*) 260 mg.
Butter 260 mg.

If all these together taken with the above calcined oxide strangury will be cured.

V. Small calotrops – Tribulus terrestris
(*nerinji charu*) 10.5 gm.
- Aspharagus racemosus root tuber juice
(*Thanneer vittan kizhangu charu*) 10.5 gm.

Both be mixed and if taken along with the *parpam*, Vesicle calculus (*Kalladaippu*) will be cured.

VI. Mustard plant stem juice-Brassica juncea
(*Kadugu thandu charu)* 21 gms.
Honey 10.5 gms.

Both mixed together and if taken with the *parpam* as per the dosage schedule, renal diseases will be cured.

VII. Lead wort – Plumbago genius bark powder- 1040 mg.
(Kodiveli root bark powder)
Bengal long pepper powder-Clavica roxburghii
(Kanda thippili powder) 520"
Powder of gukul gum *(mychatchi thool)* 1040"
Honey 10.5.gm.

All the above four to be ground and taken along with the *parpam* as per the dosage schedule DHANUR VAYU* and other *vayus* will be cured.

VIII. Tree Turmeric powder –
(Mara Manjal Thool) – 1040 mg.
(Fenestratum coscinium)
Dodonea viscosa root powder
(viraali root thool) 1.75 gm.
Honey 10.5 gm.

If the above are mixed and taken along with the *parpam* as per the dosage schedule, absorption jaundice *(Kumba Kamalai)* will be cured.

IX. Peel of Phyllanthus niruri root powder
(Keezhkai nelli ver thool) 3.5 gm.
Rice rinsed aqua *(Kazhuneer)* 80 ml
Honey 10.5 gm.

All be mixed and if taken together with the *parpam* as per the dosage schedule. ALI MUKA PANDU* absorption jaundice and pyrexias associated with these ills will also be cured.

X. Topioca root powder-Manihot utilissima-
(Maravalli Ver Thool) 10.5 gm.
Cow's ghee (melted ghee) 80 ml
Honey 21 gm.

All these mixed together if taken with the above calcined oxide as per the dosage schedule swelling due to jaundice will be cured.

XI. Mudar (Calotropis gigantea) 2.62 gm.
(Erukkam Ver pattai thool)
Rice rinsed acqua – *Kazhuneer* 80 ml
Honey 21 gm.

All these together mixed and if taken with the calcined oxide as per the dosage schedule, absorption jaundice intermittent pyrexia, quartan fever etc. will be cured.

***DHANUR VAYU**-Dhanur vatham – a violent and rigid form of spasm of the muscle of certain parts of the body like an arch, perspiration rigidity due to contraction of muscles of the tongue, teeth etc. and locked jaw, hard breathing etc.

ALIE MUKA PANDU* a disease in which the blood is contaminated and a general swelling of the body is then followed with a deep yellow or blue tint to the skin. It is marked by an excessive preponderance of the deranged vayu and pitha. It is so called from the blue colour which it imparts.

XII. Banyan tree aerial root powder 7 gm.
(Alam Vizhudu thool)

Sugar candy powder – *(Karkandu thool)* 7 gm.

If taken together with the above *parpam* as per the dosage schedule blood bile disease *(Ratha Pitha Noi)* and disease of faecal matter evacuation with blood-haemorrhoidal evacuation etc. will be cured.

XIII. Emblica officinalis ground pulp paste 10.5 gm.

Sugar candy powder *(Karkandu thool)* 10.5 gm.

Nut grass tuber powder-Cyprus rotundus- 10.5 gm.
(Korai kizhangu thool)

If all these are mixed together and taken along with the above parpam as per the dosage schedule, cholaemia *(Ratha pitha)* will be cured.

XIV. Fever Plant (Mollugo cerviana) 10.5 gm.
(Parpadaga thool)- A bazaar drug

Banyan tree aerial root powder
(Alam Vizhudu thool) 10.5 gm.

Sugarcandy powder *(karkandu thool)* 10.5 gm.

Honey 10.5 gm.

If mixed together and taken along with the above *parpam* as per the dosage schedule, dysentery and diarrhoea will be cured.

Dietary restrictions: As per the condition of the illness and as per the circumstance warranted.

132. VEL VANGA PARPAM - II

(Another method)

A mud vessel may be coated with lime water, both inside and outside and dried.. When lime coating reaches a thread's

thickness, purified white lead tin *(Vel Vangam)* has to be put in. The vessel be placed on an oven and the heating flames should spread in all directions *(KADAAGNI)*.

And when it is burnt thus white lead tin *(Vel Vangam)* will be dissolved. Thus dissolved substance lose its original shape., which should be placed on a mortar and ground with Bengal gram – Cicer arietinum – (Kondai kadalai) decoction adding little by little for not less than 12 hours and made into circular cakes, dried and then be placed in a concave mud shell and covered with a lid identical in shape to the bottom vessel and sealed with 5 layers of mud cloth calcinated in fire in 90 cms pit. If taken after cooling very superior *parpam* can be found. If there is any defect, again grind and calcinate in fire in 45 cms pit. If the calcination is done orderly substance will become calcined oxide in one shot. It is not necessary to repeat the process second time.

Ingredient:

Bengal gram decoction – Cicer arietinum –
(Kondai Kadalai Kudineer)

Bengal gram (325 gms) Let be soaked in 650 ml. water for a day. Next day it should be boiled and reduced to 325 ml and filtered and all husky impurities must be removed and kept. This is called Bengal gram decoction. *(Kondai kadalai kudineer)*

Dosage: 260 to 390 mgs

Adjuvants and diseases cured

1.	Ginger juice (Zingiber officinalis)	10.5 gm.
	Honey	10.5 gm.

Let both be mixed together and taken with the above *parpam* as per the dosage schedule which cures flatulence *(Soolai Vayu)* – giving rise to *Soolai* diseases such as colic, iliac gastralgia gout etc.

II. Anise seed-*Soambu* juice (to be watered and ground and thus taken juice) 10.5 gm.

Honey 10.5 gm.

Let both be mixed together and if taken with the *parpam* as per the dosage schedule it cures hernia diseases like (a) an inflammation and swelling of the testicles due to the deranged *Vayu* affecting that part : (b) a diseases of the scrotum due to the accumulation of gas in the intestines which in turn is imparted to the scrotum.

III. Bishop's weed – Carum copticum *(Omam)* 520 mg.

Fried Ferula asafetida powder 130 mg.

Ghee 10.5 gm.

Let both be mixed together and if taken with the above calcined oxide as per the dosage schedule arthrotyphoid *(Vatha Soolai Noi)* enlargement of the stomach organs like spleen and liver will be cured.

IV. Indian gur-Old Jaggery 10.5 gm.

Ghee (melted ghee) 21 gm.

Let both be mixed together and if taken along with the *parpam* as per the dosage schedule, colic will be cured.

V. Asparagus racemosus *(Thaneervittan Kizhangu)* 10.5 gm.

Honey 10.5 gm.

Let both be mixed together and if taken along with the above calcined oxide as per the dosage schedule, gonococcal arthritis and arthritis will be cured.

VI. Peel of Chebulic myrobalan powder – Terminalia chebula (yellow) *(Manjal Kadukkai thool)* | each 3.5 gms

Peel of Beleric myrobalans powder – Terminalia belerica – *(Thandrikkai thool)*	each 3.5 gms
Dried flesh of the Emblica myrobalan *(Nelli Mulli)*	
Honey	10.5 gm.

Let both be mixed together with the *parpam* if taken as per the dosage schedule, all disorders will be cured.

VII. Peel of Chebulic myrobalan powder – Terminalia chebula yellow *(Manjal kadukkai thool)*	each 1.75 gms.
Peel of Beleric myrobalan powder – Terminalia belerica *(Thandrikkai thool)*	
Dried flesh of the Emblica myrobalan *(Nelli Mulli)*	
Dessicated Neem leaf powder	2.62 gm.
Indian screw plant fruit powder- Helictoris isora *(Valampurikkai)*	2.62 gm.
Honey	10.5 gm.

Let all these be together mixed and if taken with the above calcined oxide as per the dosage schedule, piles due to *vayu (Vatha Moola Noi)*, and arthrotyphoid will be cured.

VIII. Honey	3.5 gm.

If honey is taken with the above calcined oxide as per the dosage schedule with warm water phlegmatic seated pain will be cured.

IX. Aegle root bark – Aegle marmelos *(Vilva verpattai)*	10.5 gm.
Castor plant root juice - *Aamanakku ver pattai charu*	10.5 gm.

Honey	21 gm.

Let all these be mixed together and if taken with the above calcined oxide as per the dosage schedule will cure bronchial phlegmatic diseases.

X.	Sub Carbonate of soda	520 mg.
	Honey	10.5 gm.

Let these two to be mixed and if taken along with the calcined oxide as per the dosage schedule intercostal neuralgia *(Pakka vali),* chest pains and pain in their lower parts of the thighs etc. will be cured. Appetite will improve.

XI.	Sub Carbonate of Soda	260 mg.
	Liquid obtained from Fuller's earth – *Pooneeru*	260 mg.
	Fried Ferula asafoetida powder	130 mg.
	Cow's ghee (melted ghee)	3.5 gm.

Let all be mixed together with the *parpam* if taken as per the dosage schedule, sciatica *(Iduppu pidippu)* intercostal neuralgia, pyrexia, enlargement of the stomach organs like spleen and liver will be cured.

XII.	Dodonaea viscosa pit oil *Virali Ver kuzhi thailam*	3.5 gm.
	Pomegranate fruit juice	7 gm.
	Rock salt powder *(Induppu)*	520 mg.
	Honey	10.5 gm.

Let all these be mixed and if taken along with the above calcined oxide as per the dosage schedule, typhoid fever *(Sannipada Soolai Noi)* will be cured.

XIII.	Tribulus terrestris -*Nerunji* whole plant decoction	10.5 gm.
	Cordia latifolia – Sebestan plum - *(Naruvili ver kudineer)*	10.5 gm.
	Fuller's earth – Pooneeru	260 mg.

Let all be mixed together with the *parpam* and prescribed as per the dosage schedule for bladder pain and hip pains.

XIV.	*Convolvulus turpethum* - *Sivathai ver thool*	*195 mg.*
	Honey	10.5 gm.

Let all be mixed and if taken with the *parpam* as per the dosage schedule, all stomach diseases and stomach upsets will be cured.

XV.	Cardamon powder - Elettaria cardamomum – *(Ela arisi thool)*	1040 mg.
	Himalayan silver fir – Abies webbiana *(Thalisa patri thool)*	*1040 mg.*
	Arjuna myrobalan – Terminalia arjuna *(Maruthampattai charu)*	7 gm.
	Honey	14 gm.

Let all be mixed together with the *parpam* and if taken as per the dosage schedule, eight types of gastralgia *(Parinama Soolai)* and other deep seated pains will be cured. For any deep seated pain no other medicine is better than this, we can certainly say.

XVI.	Milk cream : Upper layer when milk is boiled – *(Pal Eadu)*	10.5 gm.
	Suger candy powder	10.5 gm.

Let both be mixed together with the *parpam* and if taken, dry cough will get cured.

Dietary restrictions

To be aptly chosen and recommended according to the diseases concerned at the discretion of the physician.

133.VEL VANGA PARPAM - III

(Another method)

Ingredients

Purified White Lead	210gm.
Purified Mercury (Quick silver)	52.5 gm.
Red Orpiment	52.5 gm.
Sesbania grandiflora leaf juice *(Agathi leaf charu)*	q.s.

Method of Preparation

Let Mercury and White Lead be mixed with Red orpiment and mashed well with mortar and pestle in Sesbania grandiflora flower adding the juice little by little for about 36 hours and made into pellets and dried. This has to be kept in Sesbania grandiflora leaves paste of 1400 gm and put into a concave mud vessel of circular shape and covered with a similar shaped upper vessel (inverted position). The gap between the two vessels to be sealed well with one or two layers of mud cloth and burnt with 12,600 gm weight of cow dung cakes and cooled. The resultant calcined oxide thus taken after burning will be pure white in colour.

Dosage :130 – 260 mg.

Adjuvants and diseases cured:

1. Jambul bark juice (Eugenia jambolana) 10.5 gm.

Honey 10.5 gm.

Let both the above ingredients mixed and if taken along with the *parpam* will cure bleeding piles abdominal tumour, and polypus uteri *(Soothaka katti)*

II. Juice of Indian gooseberry 10.5 gm.
Emblica officinale

Tribulus terrestris – *(Nerunji mull)* 10.5 gm.

(to be soaked in 87.5 gm. water and kept over night. The soaked water should be taken after percolation.)

Honey 10.5 gm.

Let all these three and mixed and taken along with the calcined oxide to cure itching, urticaria and other skin maladies of the genitals (both female and male). This medicated mixture cures skin disorders and scabies. By the administration of this medicament, body gains strength and shine.

III. Solanum nigrum *(Manathakkali)* 10.5 gm.

Rock salt *(Induppu)* 520 mg.

Let both these be mixed and taken along with the *parpam* for curing enlargement of spleen and liver due to fever.

IV. Aerial root of Banyan of tree essence 17.5 gm.

Indian Atees powder 1040 mg.

-Aconitum heterophyllum
(Adhi vidayam)

Let both these be mixed and if taken along with the calcined oxide it cures dysenteric diarrohea, lymphatacis diarrohea etc.

V. Peel of Chebulic myrobalan – *Kadukkai* 1.75 gm.

Peel of Belerica typical- *Thanrikkai* 1.75 gm.

Dried flesh of Emblica officinale – *Nelli vatral* 1.75 gm.

Cyperus rotundus roots powder 0.875 gm.
- *Korai kizhangu*

Honey 17.5 gm.

Let all these be mixed with *parpam* and if taken jaundice and severe diarrhoea are cured.

VI. Common nail dye (Baleria prionitis) 7 gm.
(Semmulli ilai charu)

Neem tree bark juice 7 gm.

- *(Veppam pattai charu)*

Honey 14 gm.

All these are mixed with the calcined oxide and if taken it cures *cynanche (Thondai kattu)*, angina simplex *(Thondai kammal)* and angina *(Thondai adaipu)*.

VII. Cow's butter 10.5 gm.

Cobra's saffron powder – Mesua ferrea
(Ciru nagapoo thool) 16 mg.

Purfied calcine powder of foliated gypsum or bitumen 16 mg.

Let all these three ingredients are mixed and taken together with the *parpam* cures seminal spermatosa related diseases, premature greying of hair, wrinkling of skin and physical debilities.

VIII. Sweet indrajoo powder – Wrightia tinctoria
(Vetpalai arisi thool) 1040 mg.

Dried Emblica officinale powder 1040 mg.
(Nelli vattral Thool)

Honey 10.5 gm.

Let all these be mixed and taken with adequate quantity of the *parpam*. It reduces obesity.

Dietary restrictions

Diets to be prescribed according to the conditions of the abnormalities with discretion.

134. VEL VANGA PARPAM - IV

(Another method)

Purified White lead	70 gm.
Bark of Myrica ash *(Martham pattai saambal)*	350 gm.
Rice rinsed water *(Kazhumeer)*	q.s.
Square spurge milk exudate *(- Sathura kalli paal)*	q.s.

Method of Preparation

Rice rinsed water should be added little by little with the bark of Myrica ash and mashed for 6 hours and made into cakes and dried. It has to be kept in a concave shape earthern vessel and closed with a similar vessel (inverted on the bottom vessel) and sealed with 3 layers of mud cloth and to be burnt in cowdung cakes 10 times than the weight of the vessel. When taken cooled, the material will be of a highly alkalinated lime. In this lime Square spurge exudate should be added little by little and mashed for 3 hours and taken in a wax form. White lead should be flattened to the thin sheet and on its surface, the above wax applied both the sides and kept in a mud plate and closed with another plate and sealed with 7 layers of mud cloth and dried. Tamarind firewood chips of 1 measure to be kept under the covered mud container. A pit of three feet is to be dug and it should be covered with cow durg cakes and the vessel

with the tamarind firewood chips should be kept in between the cakes and then burnt and allowed to cool well. When taken out after cooling the resultant will be a calcined oxide of high quality.

Dosage: 260 – 390 mg.

Diseases cured: When given with the best adjuvants 21 types of gonorrhoea will get cured.

Dietary restrictions: According to the severity of the diseases, body weight and condition and also as per the need of the situation dietary restrictions should be recommended.

135. VEL VANGA PARPAM - V

(Another method)

Ingredients

Purified White Lead	3.5 gm.
Vitex negundo leaf dried powder *(Vennochi ilai)*	6.500 litres.

Method of Preparation

In a pure white dried cloth the Vitex negundo leaves powder should be spread on it. White lead should be made into a water thin blade and cut into fine pieces and spread on without touching one another and it should be slowly rolled and made into a wick and tied with care by a thread and pasted with mud, dried and be kept air free and ignited on both the sides. After it cools for two days, if one opens up he will find the Lead powder completely dried. With great care Vitex negundo ash must be blown off and the Lead wafers must be collected. It should be put into a mortar and powdered and filtered in a cloth to remove the impuritised. Only the parpam should be taken, for use.

Dosage: 260 – 390 mg.

Diseases cured

If, apt and superior adjuvants are added with the calcined oxide and administered 21 types of gonorrhoea, leprosy, syphilis, stomach ache, dyspepsia and *Vayu* related diseases will be cured.

Dietary restrictions

Cow's milk, cow's ghee etc. are to be added extra in diet. According to the virility of the malady salt and tamarind must be avoided.

136. VEL VAENGA CHUNNAM

(White lead calcined compound)

Ingerdients:

Purified White Lead	35 gm.
Four times purified nitre	175 gm.

Method of Preparation

The above nitre should be powdered and made into two parts. One part must be put into a mud vessel and spread uniformly the White lead must be made into a thin sheet and kept on it. The other part of the salt petre must be spread on it. The vessel's mouth must be sealed, with mud cloth and dried and heated with cow dung cakes 10 times than the weight of the vessel. When cooled and taken out it will be calcined.

Dosage: 130 – 260 mg.

Diseases cured

With apt adjuvants, it cures gonorrhoea and venereal diseases.

Dietary restrictions

Cow's milk, cow's ghee etc. are to be added excessively in diet. According to the virility of the malady salt and tamarind must be avoided.

137. VEL VANGA CHENDOORAM - I

(Red calcined powder of White Lead)

Ingredients:

Purified White Lead	35 gm.
Dried bark on the trunk of Tamarind tree ash powder *(Puliyam purani)*	q.s.
Purified Mercury	8.75 gm.
Purified Sulphur	8.75 gm.

Method of Preparation

The White lead must be put in a mud pan and put on an oven and burnt. When it melts, the above ash should be sprinkled little by little and stirred with a tamarind stick and churned. Similarly one and half times tham weight of White lead, the above ash must be added approximately to it. While done so, white lead will transform into calcined oxide. The vessel must be taken out of the oven; after it cools down, it must be taken out and put in an iron vessel and then put on fire and burnt slowly; the above mercury and sulphur(together) added and burnt till the resultant becomes black (charred). All will combine and transform into a ball like substance. Then it must be taken and kept in sunlight and stirred for four hours. The resultant will be red calcined. To prepare this red calcined, one must have a skill of handling about this process. This process is practised for one or two times gets the skill of handling by

experience. One should not loose heart if he fails to get resultant red calcine. If he repeats it, twice or thrice the process can be learnt easily.

Dosage: 260 -390 mg.

Adjuvants and the diseases cured

Seed Powder of Flax plant - Linum usitatissimum (*-Aali vidhai thool)* Quality Cumin seeds powder) {*-Nar Ceeraga thool)* Piper longum powder – *(Thippili thool)*	each 1.75 gms.

The *parpam* of 260 mg is taken and mixed together and poured into a whole pierced in a red variety tender coconut preferably. In case such variety is not available a red husked tender coconut may be pierced and the medicament must be placed in, and the hole is closed. It must be kept with the pierced part facing upwards and approximately 10 numbers of cow dung cakes 350 gm are placed and burnt. After cooling, it must be taken out. The powder is taken with coconut tender water. The inside kernel which is tender should not be eaten. Therefore it is better to take a coconut which has not formed kernel inside. Like this two times morning and evening if prepared and administered for 10 days 21 kinds of venereal diseases, gonorrhoea, strangury, stricture of the urethra, vesicle calculus, etc. will be cured.

Dietary restrictions

According to severity of the disease, body strength are to be adjudged before meals.

Note

When compared above mentioned adjuvant may seem a little difficult. But to the sufferings of urinary calculus, vesicle calculus and stricture of the urethra it is not difficult. Usings of *salakai* have sometimes ended fatal. All these, the above mentioned process consider is not much hard.

138. VEL VANGA CHENDOORAM - II

(Red calcined powder of white Lead)

ingredients

Purified White lead (This should be finely filed or to be made into a thin sheet like paper and cut into tiny pieces)	35 gms.
Tamarind leaf juice	each 240 ml
Banyan tender leaf juice	
Leaf Juice of Cleome frutosa *(Vizhuthi charu)*	
Custard apple (Anona squamosa juice) *(Seetha pasha charu)*	
Wound plant (Sida acutta juice) *(Pon musuttai charu)*	
Galangal – Alpinia genus juice *(Sittharathai charu)*	

Method of preparation:

Let the above mentioned Lead powder be placed in the pestle and mashed with tamarind leaf juice added little by little. It is not necessary that it should be ground with out using hand. One can grind leisurely whenever one gets the juice. However when the above juice is added and ground they must be made

into round cakes and dired in the Sun. After the cakes dry well they may be put in a mud vessel and covered with another and sealed with five layers of mud cloth tightly and burnt in 2100 gm of cow dung cake and taken out after cooling. Then using the same process as mentioned above banyan tender leaf juice should be ground and burnt. So also in leaf of cleome frutosa juice. Again in wound plant juice once and again in galangal juice once. Thus after six times when the process is completed with the grace of Almighty red calcined powder will be obtained.

Dosage: 130 to 260 mg.

Adjuvants and the diseases cured:

Above calcined oxide in adequate quantity (as above) if taken with water, cures all bronchial diseases. Together with sugar, fever will be cured. With cow's ghee (melted ghee). Tuberculosis will be cured. In pepper juice it cures *vathams* (Strokes). In sugar cane juice fainting diseases will be cured; with black coloured betel leaf juice three types of poisonous deliriums will be cured. In bamboo shorts juice, stomach upsets dyspepsia etc., will be cured. In bark of Acacia arabica, alcochol and other leprosy releated diseases will be cured.

Dietary restrictions

According to the condition with discretion, having in mind the virility of the condition.

139. VEL VANGA CHENDOORAM - III

(Red calcined powder of White lead)

Ingredients

Purified White lead	70 gm.
Malabar nut root powder *(Adathodai ver thool)*	280 gm.
Four times purified nitre	70 gm.

Method of Preparation

Put the lead in an iron vessel (receptacle) and place the vessel on an oven and heated. When on melting point vasika root powder and nitre powder must be completely mixed and rubbed while melting lead with an iron crowbar. Thus when rubbed, Lead converts into red calcined. If the colour of the red calcined is unsatisfactory or it has not become properly reddish due to inadequacy of heat, repeat the process. The resultant should have crimson redness.

Dosage: 260 to 390 mg.

Curable diseases

When suitable supreme adjuvants added with the medication while administering dysuria, ardor urinae, diabetes, fistula, anal diseases and gonorrhoea will be cured.

Dietary restrictions

As per the severity of the diseases the body condition etc.,

140. VEL VANGA CHENDOORAM - IV

(Red Calcined oxide of White Lead)

Ingredients

1	Purified White lead	each 17.5 gms.
2	Mercury	
3	Yellow orpiment	
4	Myrobalan gunduc	
5	Ammonium chloride *(Navacharam)*	
6	Subchloride of mercury *(Pooram)*	
7	Hydrargyri perchloridum *(Savveeram)*	

Method of Preparation:

Lead and Mercury should be ground with sulphur well so that the former two get well mixed. Then all items to be taken together. Yellow orpiment and other substances should be ground and pulverized separately. Then they must be mixed and should be ground without interruption for 12 hours continuously. Then a soda water bottle should be covered with mud seal cloth and dried. When it is completely dry (smeared thickly) the above process (of mud smearing) must be repeated. Thus as and when the mud covering dries it must be done again and again for seven times. Then inside the bottle the powder prepared already must be filled in.The mouth of the bottle should be sealed with stand stone *(Maakkal)* and kept inside a mud pot covered upto 10 cms (4 inches) with sand inside and a soda water bottle must be hid with sand. It is enough the sand on the bottle is about 10 cms (4 inches). Thus prepared pot must be placed on an oven and in the beginning the flame must be regulated to burn slowly and then increased (spreaded heating) up to be made conflagration *(Kaadagni)*. Thus burnt for about 12 hours must be allowed to cool down for a day. When taken out the next day, the calcined powder will be light red in colour.

Dosage : 130 to 195 mg.

Curable dieases

With proper and special adjuvants, the chendooram cures anal diseases, severe diarrhoea, lymphotic diarrhoea, dysenteric diarrhoea, spreading skin diseases due to venereal causes, venereal ulcer etc.,

Dietary restrictions

According to the severity of the diseases, the patient should abstain from taking tamarind and salt. Cow's milk and

cow's ghee (melted ghee) should be taken more. Fish, dried fish (salted) brinjal, chicken etc ., may increase the body heat and so they must be totally avoided.

KARU VANGAM
(BLACK LEAD)

This can be purified following the process for purifying the White lead *(Vel vangam)* purification: Required black lead *(Karu vangam)* be melted and tilted into gingelly oil. The quantity of the oil should be adequate to totally immerse bla k lead. Thus this process must be repeated for 7 times; oil used should not be reused. Just like this the process has to be repeated in cow's urine, Vinegar and then in horse gram water each 7 times. Thus processed black lead gets purified.

141. BLACKLEAD CALCINED OXIDE
(Karuvanga parpam)

Purified black lead	52.50 gm.
Gold coloured bismuth	52.50 gm.
Orpiment	52.50 gm.
Peepul bark ash *(arasam pattai saambal)*	1300 ml.
Dried bark powder on the trunk of tamarind tree *(Pulium purani thool)*	1300 ml.
Leaf or flower juice of Indian coral tree	
Erythrina indica *(Kalyana murukkilai/poo charu)*	q.s.

Method of Preparation

The above Lead should be made into 5 Paise thick (square) sheets. Gold coloured bismuth and Yellow orpiment should be powdered separately. Then they are mixed and the juice must be added to it little by little and mashed (ground) for

24 hours and uniformly smeared on the *vangam* sheet and dried in hot sun. Then in a pot with a thick bottom Peepul bark ash must be divided into two parts and one part must be put and spread uniformly. On it tamarind bark chips powder (made into two parts) and one part must be smeared (spread) and another part of tamarind chips ash must be placed and pressed. The pot's mouth must be sealed with a mud lid and sealed with five layers of mud cloth and dried. This has to be placed on an oven and in the beginning slowly burnt with mild flame and the heat must be increased and burnt. Thus it should be burnt fot 12 hours. The next day it must be taken. The resultant will be a red calcined powder as red as the flower of Indian coral tree.

Dosage: From 4 grains to 130 mg.

Adjuvants and curable diseases

1. If the above *parpam* is taken with honey 10.5 gm it will cure gonorrhoea. Seminal deficiencies will be relieved; weakness will vanish; physique will gain strength; appetite will improve; facial radiance and body health will be restored.

2. Peel powder of yellow chebulic myrobalan – Terminalia chebula

   (Manjal kadukkai thol thool)

   Peel powder of Beleric myrobalans
   (Thanrikkai thol thool)

   Dried flesh powder of the emblica myrobalan

   (Nelli mulli thool)

   (Above 3 items each 650 mgs.)

   Outer skin removed Almond seed (Kernel) 4 Nos.

   Honey 17.5 gm.

Let all these together be ground and mixed with the *parpam* and administered in adequate quantity. Thus taken will cure mental debility, nasal diseases (cold like maladies) etc., Eye sight will be improved.

3. Himalayan silver fir powder – Abies webbiana
   (Thalisapathri thool) 1040 mg.
   Honey 10.5 gm.

Let both be mixed with the *parpam* (required quantity) and when administered phlegmatic related anorexia (manthakkini) diseases gastric disorder and heat (pyrexia) related diseases will be cured.

4. Honey 10.5 gm.

Followed by *parpam* with honey (130 mg) in take of 80 to 160 ml of cow's butter milk, cures hemorrhoides, dryness anal point malady, continuous diarrhoea, severe diarrhoea etc.

5. Turmeric powder 520 mg.
   Honey 10.5 gm.

Let both be mixed and taken along with required quantity of *parpam* (calcine). *Then kaadi neer* (soured water or diluted vinegar) 40 to 80 ml litres must be given for drinking. Indigestion will be cured and appetite will increase; intestinal worms will vanish by this.

6. Cucumis sativus powder *(Vellari vidhai powder)* 10.5 gm.
   Honey 10.5 gm.

Let both these be mixed and taken with the above *parpam* (calcine) in adequate quantity. Fever related eruptions, heptomegaly and intestinal diseases will be cured by this.

7. Honey 10.5 gm
   Cow's ghee (melted ghee) 10.5 gm

Let both these be mixed and taken with the above *parpam* (calcine) in adequate quantity for enlargement of spleen and liver due to fever and stomach diseases.

8.	Honey	10.5 gm
	Cow's ghee	10.5 gm
	Sugarcandy powder	5.25gm

Let all these be mixed and taken with the *parpam* (calcine) in adequate quantity, for curing pitha related cough and spasmodic cough.

9.	Raddish juice – *(Mullangi Charu)*	21 gm.
	Sugar candy powder	10.5 gm.

Let these be mixed together and added with the above *parpam* (calcine) in adequate quantity. Abdominal tumour and dyspeptic – disorder will be cured, by this.

10.	Powder of beetle killer – Clerodendron serratum *(Siru thekku)*	5.25 gm
	Honey	5.25 gm

Let both be mixed together and added with the above *parpam* (calcine) in adequate quantity; it cures wheezing, hard breathing and cough.

11.	Grapes	5 Nos.
	Raw Palm dates	2 Nos.
	Honey	10.5 gm.

All must be ground and mixed taken along with the above *parpam* (calcine) in adequate quantity and it will cure chronic cough, geriatric cough and cough with phlegm.

12.	Tree Turmeric powder	7 gm.
	Honey	10.5 gm.

If these are mixed and taken with the *parpam* (calcine) in adequate quantity all types of gonorrhoea and blood anal eruptive malady will be cured.

13.	Ginger officinale juice	10.5 gm
	Honey	10.5 gm

If these are mixed and taken along with adequate quantity of *parpam* (calcine) cough, wheezing, sinusitis, palsy and phlegmatic pyrexias will be cured.

14.	Small variety Piper longum powder- *(Arisi Tippli)*	260 mg.
	Honey	10.5 gm.
	Sugar candy powder	5.25 gms.

All are mixed together and taken with the *parpam* in adequate quantity, coughs related with Vatha, chronic fever etc., will get cured.

Dietary restrictions

According to the conditions of the diseases and the patient, diet restrictions should be adhered.

142. KARU VANGA PARPAM

(Different)

(Black Lead Calcine oxide)

Ingredients

Purified black lead	105 gm.
Purified Mercury	105 gm.
Small variety Piper longum powder *(Arisi Tippili)*	each one measure (½ padi)
Dried bark powder on the trunk of tramarind tree *(Pulium purani thool)*	

Method of preparation

The *Vangam* be melted and heated (cooked) with mercury and made into small pieces. A thick cow dung cake must be taken and spread with piper longum powder. Half part be taken; over it half of the tamarind bark chips to be spread. On its top already prepared mercurised lead chips (*Rasavanga* chips) must be placed without touching one another. Remaining tamarind bark chips must be pressed lightly and again the balance of piper longum powder must be pressed lightly. This must be put in a pit of 1 ½ ft. (4.5 cms.) depth and burnt. When taken out after cooling, the result and will be a fine parpam.

(or)

As said above, in a mud vessel the ingredients are placed and covered with a lid and burnt conflagration *(kaadakini)* for 24 hours. It must be allowed to cool for a day. The resultant will be a fine *parpam.*

In the above process of heating, mercury *(Rasam)* will melt and flow and .the black lead will be fried like cornflakes. Because of its being kept in the pot mercury *(Rasam)* will stand above. However *parpam* will result.

Dosage: 130 mg.

Adjuvants and curable diseases:

1. Calcinated powder foliated gypsum *(Silasattu parpam)* 1040 mg.
   Honey 10.5 gm.

   Both be mixed and taken together with the *parpam* by which urinary bladders and weakness will disappear.

2. Bark of Myirica *(Marutham pattai)* 175 gm.
   Melted ghee 350 gm.

The bark should be pulverized and boiled in ghee upto carbonization, filtered and taken out.

3.	The medicated ghee (above ghee)	7 gm.
	Sugar candy powder	5.25 gm.

Both are mixed together and taken with the *parpam* by which Oligospermia will be cured.

4.	Calotrtopis juice – Tribulus terrestris-	10.5 gm.
	Exacum hyssopifolium *(vellarugu charu)* juice	10.5 gm.
	Honey	21 gm.

All these three are mixed together with the *parpam* and if taken gonorrhoea will be cured.

5.	Cowitch seed powder – Mucuna pruriens *(Poonaikkali vidhai thool)*	65 mg.
	Root of ground palm tree – Curculigo orchioides *(Nilappanai Kizhangu thool)*	1.75 gm.
	Hygrophila spinosa seed powder *(Neer Mulli vidhai thool)*	3.5 gm.
	Honey	10.5 gm.

All these are mixed together with the *parpam* in adequate quantity. If administered deficiency in vitality, physical debility status etc., will disappear and physical strength will be improved.

6.	Cow's milk	70 gm.
	Cow's ghee (melted)	17.5 gm.
	Honey	35 gm.

Let all be mixed together and kept 130 mg of *parpam* should be thoroughly mixed in honey and taken followed by the above mixture. If taken semen will flow like fountain besides gaining physical strength, vitality and vigour.

Curd	52.5 gm.
Honey	21 gm.

Let these two be mixed together with the *parpam* in adequate quantity and if taken incessant diarrhoea and diarrhoea due to heat will get cured.

7. Onion root powder 1.75 gm.
Honey 10.5 gm.

If these two are mixed and taken with the *parpam* in sufficient quantity it cures syncope (fainting).

8. Himalayas silver fir powder – Abies webbiana *(Thaleesapatri thool)* 1.75 gm.
Boiled rice roasted flour 10.5 gm.
Galls of plastacia intergerrima – Rhus succedanea *(Karkadaga singi powder)* 10.5 gm.
Honey 10.5 gm.

If all these four are mixed together and if taken with the above *parpam* in adequate quantity, mumps and neck releated illnesses will be cured.

9. Tamarind superficial water 21 gm.
Honey 21 gm.

Both be mixed and if taken along with the *parpam* in adequate quantity, it cures fevers (pyrexia) releated to pitha.

10. Red nail dye leaf juice *(Semmulli elai charu)* 10.5 gm.
Honey 21 gm.

Both these be mixed and if taken with the *parpam* in adequate quantity, it cures phlegmatic coughs and wheezing.

11. Root bark powder of Indian madder – Rubia cordifolia *(manjitti thool)* 10.5 gm.

    Asparagus racemosus juice – *(Thanneer vittann kizhangu charu)* 10.5 gm.

    Honey 21 gm.

All these be mixed and if taken along with the above *parpam* in adequate quantity, it cures gonorrheal ulcers, leprosy in early stage and spreading skin diseases due to venereal causes.

12. Burnt ash of sweet flag – Acorus calamus- *(vasambu saambal)* 3.5 gm.

    Powder of lotus seed 3.5 gm.

    Honey 10.5 gm.

If both are taken together with *parpam* in adequate quantity, it cures palpitation of the heart and cardiac shock. It increases memory power.

13. Black Pepper powder – piper nigrum 520 mg.

    Sweet Pomegranate juice 10.5 gm.

    Pellitory root powder – Anthemis pyrethrum *(Akkirakara thool powder)* 260 mg.

    Old Jaggery 14 gm.

All these be ground and in it the above *parpam* is added in adequate quantity and taken. It will cure all coughs resistant to other medicaments pus like phlegm emitting coughs etc.

14. Clove powder – Lavangam powder 260 mg.

    Nut meg powder 390 mg.

    Pepper powder 390 mg.

All these be mixed and if taken with the above *parpam* in required quantity it cures chronic cough and anaemia.

Dietary restrictions

Food regimen should be adhered as per the physicians advice and it is mandatory to the patients.

143. KARUVANGA PARPAM

(Another Method)

Ingredients

Purified black lead	35 gm.
Crystallised foliated gypsum – *Karpoora Silasathu*	70 gm.
Peed pul tree root bark 10 cm thick & 6 cm length	1 No.
Latex of Extract of Mudar plant – *Erukkam pal*	Required Quantity

Method of Preparation

Lead (Vangam) be put into a pan and melted. Powdered Silajit should be added little by little and churned with Peepul root stick *(Arasam Ver Kombu).* When all the Silajit is absorbed, Vangam will get powdered. Then it should be placed in a pestle and with the administration of Latex of Mudar plant – *(Erukkam pal)* adding little by little to be ground for 12 hours and made into small cakes in circular and shape dried in the Sun. Then heated in a smithy and blown well upto refacation. After cooling, when it transforms into *parpam* or sometimes *chunnam,* if the colour of the resultant is red, it is calcified; if not is a *parpam.*

Dosage : 65 to 130 mg.

Disease Cured: With apt adjuvants it cures gonorrhoea and urinary tract infections.

144. KARUVANGA PARPAM
(Different Method)

Ingredients;

Purified Black Lead calcine- *Karuvanga Parpam*	35 gm.
Old reddened bark of Portia tree -Thespepsia populnea bark -Old reddened Poovarasam pattai powder	3.25 litre
Carum copticum – bishops weed – *(omam)*	3.25 litre

Method of Perparation

Make the lead into thin sheets and cut into small pieces. Spread the Portia tree bark powder – *(Poovarasam pattai powder)* and bishops weed on a thick cloth and on it sprinkle the lead powder without touching one another. Prepare a mud – cloth, dry it and burnt. After cooling there will be a fine *parpam.*

Dosage: 130 to 195 mg.

Adjuvants: Honey, Ghee etc.

Diseases cured: Dermatitis, eczema and Black eczema.

145. KARUVANGA PARPAM
(Another Method)

Ingredients

Purified Black Lead	35 gm.
Unheated Sea shell lime or Stone Lime	1.300 litres

Method of Preparation

Make the black lead into thin sheets and put into a pestle. Then ground with water like butter and make into small cakes

and dry in the Sun. In a big cowdung cake the purified lead cakes should be placed and the lime be spread over it. 350 to 420 gm or five cowdung cakes be broken to pieces and placed on the already prepared medicine and again 5 cowdung cakes should be placed on it and burnt in fire. When taken after cooling, the *parpam* will be of more alkaline in nature.

Dosage, Adjuvants and diseases cured:

Take the mixture of *parpam* (3.5 gm to 10.5 gm), Cow's ghee (350 gm) honey (17.5 gm) morning and evening, for curing all the 21 types of gonorrhea diseases initial stage of leprosy, urinary track infection etc.

146. KARUVANGA PARPAM

(Another Method)

Ingredients:

Black Lead	280 gm.
Juice of Fragant screwpine Pandamus odoratissmus *(Thazhai vizhudu charu)*	each
Juice of Calotrops *(Vellerukku charu)*	q.s
Juice of Aloe *(Sottru katrazhai charu)*	
Bark of Myrica *(Maruthampattai charu)*	
Aloe root	

Method of Preparation

Above Black lead should be melted for 21 times with Aloe'a juice and Calotropis juice. Every time fresh juice must be added. Once used juice should not be used again. Each time the juice's quantity must be adequate enough so as to immerse the lead, completely.

After the above process, the above lead should be placed in a pan and melted. Aloe's root must be cut into tiny pieces and sprinkled and be churned by *a Marutham* stick. Thus the above lead should be processed until it becomes totally powdered. Then this powder be placed in a mortar adding *Marutham pattai charu* little by little and ground for six hours. Then it is made into small copper coin like circular discs and dried in the Sun. In a pan 3.25 litre of lime water be spread and these circular discs be spread without touching each other. Then 3.25 litre of lime water be pressed on it. Again the pan be covered by another and sealed with seven layers of mud cloth and dried. In a square pit of 3 feet this must be kept and burnt. Taken after cooling, the *parpam* will be reddish.

Dosage: 130 -195 mg.

Adjuvants

Above mentioned adjuvants will be enough for this also. Further adjuvants mentioned in the book *Sarabendra Mega Nivarana Bodhini* will apply to this also.

Diseases curable

If taken with proper adjuvants, diseases related to exudates, diabetes and ulcerated wounds will get cured.

Dietary restrictions

According to the severity of the diseases and physical strength of the patient, diet must be recommended.

147. KARUVANGA PARPAM

(Another method)

Ingredients:

Black Lead (For this a big ball of black lead to be taken)	35 gm or 52.5 gm.

Honey shrub – Phyllanthus multiflorus *(Karumpoola ver thool)*	15 times of weight of the above Lead

Method of Preparation

Above Phyllanthus multiflorus should be pulverized like pulp and inside it the lead ball must be kept and rolled like a ball and on it three layered mud sealing must be done. One and a half feet square pit must be dug and at the bottom of it 3 to 4 litres of paddy husk should be spread. On it ¾ feet cowdung cakes must be placed on one on the another. On it again 3 to 4 litres of paddy husk must be poured and ignited. After burning must be allowed to cool for a day and kept aside. When taken out the next day, the resultant product would have blossomed in to a fine parpam.

Dosage: 65 – 130 mg.

Adjuvants :Honey, ghee and discretionally selected adjuvants.

Diseases curable: Gonorrhoea, tuberculosis and phlegmatic diseases will be cured.

Dietary restrictions: According to diseases and physical condition of the patient.

Note:

This process had been done many times and experienced. This was done personally by a great person and used personally and tested. This saintly person did the *parpam* with the black ball of *Karuvangam* saw purification. Yet, when purified and processed as a single block or a ball and made into *parpam* and when used it gives special effects. Therefore we have written our experience. People may prefer any line of the above methods.

148. KARUVANGA CHUNNAM

Ingredients

Black Lead Red orpiment Yellow orpiment	35 gm each
Nellikkai kandagam Myrobalan ganduc	3.5 gm.
Soap water (Savukkara neer)	q.s.

Method of Preparation

Make the *parpam* into a thin sheet. The other three substances be finely powdered and ground in saliva like a fine paste and smeared on the plate both sides and dried. Then place it on a pan, close and seal with two layers of mud cloth 10 times in weight of this sealed vessel and burnt with cow dung cakes. When it cools then the lead is taken out. Which will be whitish. It should be ground in a pestle adding soap water little by little for 6 hours and made into small circular cakes and dried and kept in a pan. Cover the pan by another pan and seal it with mud cloth and be dried and heated with 210 gm of cowdung cakes. After cooling again with soap water ground for 6 hours and made into small circular cakes and should be dried; placed in a pan and be heated with 5 cow dung cakes. Again for the third time ground, made into cakes and cover with mud and should be heated in 6 cowdung cakes.

Fourth time the same process be repeated with 10 cowdung cakes (for heating). If taken out after cooling one can find strong calcium lime.

Dosage: 65 – 130 gm.

Diseases curable

With suitable adjuvants Gonorrhoea, urinary tract infections, phlegmatic diseases, and in similar diseases it can be used.

But since it is very powerful and hence instead of using it single. It is better to use mixing with 350 gms of ghee and taken 8.75 gms in the morning and evening. Also physical strength of the patient and the severity of the illness must be observed and the medication should be used accordingly.

Dietary restrictions

According to the physical strength of the patient and the nature of the disease, diet regulation should be adhered.

149. VELVANGA CHUNNAM

(White Lead calcinated compound)

As per the directions given for the Black lead, White lead must also be purified.

VENKUTTA SANKAARAN (Leucoderma Killer)

White Lead calcinated compound or Black Lead calcinated compound	each one part
Ferro calcine of Ferro Calcium	
Mica *Parpam* of Mica Calcium	
Mercury Calcine or Mercury Calcium	
Purified Myrobalan Ganduc	4 parts

Method of Preparation

The above ganduc must be placed in the pestle and powdered and the other four ingredients should be added and mashed for 3 hours. Then the mixure is severed and bottled up.

Dosage: 130 – 260 mg.

Adjuvants

Peeled dried ginger, pepper, small variety of piper longum, yellow chebulic myrobalan outer skin, beleric myrobalan outer

skin, dried flesh of the Emblica myrobalan – All these be pulverized individually and sieved in a cloth (all of equal weight). Then all should be mixed together.

Take this powder 1.75 gm. and honey 10.5 gm. and both be mixed with medication (in prescribed quantity) and taken two times both morning and evening for 10, 20, 30 or 40 days according to the severity of the ailment.

Curable diseases:

Possible Leucoderma will be cured. Blood will be purified. Hemopoiesis will result. Physical strength and bodily radiance will be gained.

150. KAREEYA PARPAM

Ingredients

Lead	35 gm.
Mercury	3.5 gm.
Stag's horn calcine	35 gm.
Original Coral powder	35 gm.
Leave juice of Marsilea quadrifolia *(Arai llai charu)*	q.s.
Tanner's cassia leaf juice – Cassia auriculata *(Aavarai llai Charu)*	q.s.
Juice of Sessile plant *(Ponnanganni Charu)*	q.s.
Lemon juice	q.s.

Method of Preparation

Lead must be melted and the leaf juice of Marsilea quadrifolia must be poured and mixed well and ground for 3 hours well as a paste; the Stag's horn *parpam* and good coral

powder should be added and Tanner's cassia leaf juice must be added little by little and ground for 6 hours and made into cakes and dried. It is kept in a pan and closed with another and 5 times sealed with mud and cow dung cakes 5 times of weight of the sealed vessel to be used and heated. After cooling, as said above put into pestle and ground with Tanner's cassia leaf juice and dried and heated again as described above. This time the cow dung cakes should be used 6 times of the weight of the covered vessel. Third time with 7 times in weight of the vessel cowdung cakes should be used for heating.

The same process be repeated in the juice of Sessile plant (Every time the cowdung cakes weight must be increased).

Again the process be repeated with lime juice in thrice. But in this three process the cow dung cakes need not be increased every time. It is enough the cow dung cakes are 10 times to the weight of the covered container. Thus if the heating process is completed 9 times lead, stag horn and coral would have mixed and transformed into a high quality *parpam.*

Dosage: 130 -260-mg.

Adjuvants

Honey, ghee, syrups, salads *(elagams)* etc. in anyone of the above the medicine can be administered according to the disease.

Curable diseases

Skin diseases, tuberculosis, asthma, wheezing, bronchitis, gonorrhoea etc., will be cured. It is used in all diseases. Since experienced people know about the ingredients and their efficacies, they know how to use this medicine to the appropriate diseases.

Dietary restrictions

What are the diseases and how are they caused and what are the substances that produce such ills, such incompatible food stuffs must be totally avoided. This is of special importance in diet restriction. Further, sexual intercourse, smoking and use of tamarind are the three main restrictions that are generally stipulated for all diseases. For these illnesses also the above three must be stipulated as restrictions. With brevity, the physicians must advise according to their inferences and intuitions the diet restrictions to the patients and it is the only possible way.

Note:

This parpam is one of the rarest preparation made in such a process and those experience will easily understand this. Rose flower is surrounded by thorns. So also 9 times processing method is difficult. But as the saying goes the fruits of benefits come only after toil. This (drug) used in many diseases brings with certainity good effects and therefore the toils one undergoes never go in vain, as our findings.

KALAIMAN KOMBU PARPAM
(Stag's horn Calcine)

Take stag's horn in sufficient quantity and cut into small pieces and then soak them in Tanner's cassia leaf juice. The juice must be in adequate quantity so that the pieces are totally immersed in it. When the juice gets reduced it should be equal to 6 to 7 times of the weight of the Stag's horn and the Tanner's cassia paste. This pulp should be made spread and the other cake should be placed over it and the edges of the cakes be closed together with mud fully and completely (two times). Cow dung cakes 20 times in weight of the *Kavaam* should be prepared and heated. The resultant Calcine will be white in

colour. If the calcine is black, the process must be repeated again (3 times sealed with mud cloth) and burnt with cow dung cakes 10 times of the weight of the kavasam. The calcine taken out will be of very high quality. This *parpam* may be used as that of the lead calcine; can be used separately also.

Stag's horn Calcine *(Sirugi parpam)* processing methods will be defined later, they may also be taken into account.

151. KARUVANGA PARPAM

(Another method)

Ingredients

Purified Black Lead	70 gm.
Red nail dye – Red prickly spinach *(Semmulli Ilai Charu)*	q.s

Method of Preparation

Lead should be put in a mud pot and melted and the above leaf juice should be added little by little and with an iron ladle it should be rubbed. Thus, often as soon as the juice reduces in quantity juice must be added again and again and kindled with an iron ladle. This processing should be continued for 12 hours. Then the resultant will be a calcine without any impurity. This calcine should be placed in a pestle and again ground with the above juice adding the juice little by little for 6 hours and made into small cakes and dried. Then be placed in a mud pan and closed with another and sealed on the edges with 3 mud seal and cow dung cakes 5 times weight of the *Kavasam* should be used for heating. After cooling, the resultant will be a white calcine.

Dosage: 130 – 260 mg.

Curable diseases

If taken with proper adjuvants, skin disease, gonorrhoea, ardor urine (neer erichal) and *vayus* will be cured.

Dietary restrictions: According to the situation warrants.

152. KARUVANGA PARPAM

Ingredients

Black lead	35 gm.
Orpiment	35 gm.
Latex of Mudar – Calotropis gigantea	q.s.

Method of Preparation

Lead should be made into circular discs, with the thickness of the old copper coin (coin of lowest value). Orpiment be powdered in a pestle and with the Latex of Mudar should be mashed, adding it little by little for 3 hours. The resultant paste must be smeared on the Lead sheet on both the side and dried in the Sun. Then place it on a mud pan and cover with another pan and sealed in the edges with mud seal coth, dried and heated with cowdung cakes of six times in weight. After cooling it must be taken and pulverized and ground with Latex of Mudar adding little by little for 6 hours. Then make into circular cakes dried and kept in a mud pan covered by another seal tightly covering the edges with mud cloth of five layers and dried. It should be heated with cowdung cakes 6 times of the weight of the *kavasam* and when taken out calcine will be black in colour.

If you want it to be whitish, the process as described above must be repeated as many times as required. Only those who prefer white calcine must do it. Ohterwise this calcine can be added to salads *(elagams)*, powders *(chooranams)* and tablets.

Dosage: 130 – 195 mg.

Adjuvants: Honey, ghee.

Diseases curable: Gonorrhoea, *Vayu* diseases and rheumatism *(pidippu)* will be cured. Further given with different adjuvants, many diseases will be cured.

Dietary restrictions:

According to the diseases and physical conditions.

153. KARUVANGA RASITHA PARPAM

Ingerdients

Above Black Lead calcine	42 gm.
Silver foil used for saree borders	10.5 gm.
Latex of Mudar	q.s.

Method of Preparation

The silver foil must be melted and struck into sheets of one paise copper coin thickness. Divide the black lead calcine into 4 parts. One part must be put into the pestle and ground with Latex of Mudar adding it little by little and above silver sheet to be shielded with the paste. It is dried and placed in a pan covered with another pan and the edges sealed with mud cloth and burnt in cowdung cakes six times of its and weight after cooling, taken out.

Calcine's another part must be ground again as said above and taken out. Thus, the third and the fourth part also processed in such a way. Thus the sheet will become calcine. This calcine will be useful for adding to tablets *elagams* and powders. For its efficacy etc refer silver calcine methods.

154. KARUVANGA SOOTHA PARPAM

Ingredients

Purified black lead	70 gm.
Incubated egg shell	70 gm.
Purified mercury	35 gm
Tamarind leaf juice	q.s.

Method of Preparation

Mix the mercury with lead after melting it. Then place them in a *kalvam* and ground along with egg shell and adding the leaf juice little by little for 6 hours. Then make the paste into pills and allow to dry. Put the pills in a mud pan and cover with another pan. Then put into puda process using 5 layers of mud cloth. After blowing in a smithy blow and cooling there will be a fine *parpam*, reddish in colour.

Dosage: 130 – 260 mg.

Curable diseases

If the *parpam* is taken with proper adjuvants gonorrhoea, inflammation and swelling of the testicles and dyspepsia will be cured.

Dietary restrictions:

According to the disease and as per the discretion of the physician.

155. KARUVANGA YOGA PARPAM

Ingredients:

Purified black lead	each 35 gms.
Purified mercury	

Genuine coral	
Lemon juice	q.s.

Method of Preparation

Let the lead be melted and added to mercury and placed in the pestle together with coral. It is ground with lemon juice for 3 to 6 hours and made into cakes and kept in a concave mud vessel and closed with a lid. Then put in to a 9 square pit for puda process. When cooled and taken, the *parpam* will result.

Dosage: 130 to 260 mg.

Curable diseases

If taken with apt adjuvants, piles, tuberculosis, asthma, dyspepsia etc. will be cured.

Dietary restrictions

Food stuffs that effect heat, fish, dried salt fish etc., must be avoided. Avoid smoking and sexual contant.

156. KARUVANGA CHUNNAM

Ingredients

Lead	7 gm.
Incubated egg shell	7 gm.
Mercury	0.875 gm.

Method of Preparation

Lead be filed and put into a pestle and ground with Mercury and incubated egg shell should be added and ground into a fine paste and should be put into a crucible and sealed the mouth with three layers of mud cloth and dried. Then blow in a smithy blow to purify and allow to cool and then the resultant will be a fine *chunnam*.

Dosage: 130 to 260 mg.

Curable Diseases

If given mixed with palmyra jaggery two times a day (morning and evening) for three days. (totally six times). If given likewise, the infertility will disappear and woman will conceive.

Dietary restrictions:

Discretionary.

157. KARUVANGA CHUNNAM

(Another method)

Ingredients:

Group – A

Perchloride of Mercury	
Orpiment	
Myrobalan ganduc Mercury	each 35 gms.
Alum	
White field crab essence	

Group – B

Purified Black lead	45.5 gm.
Mercury	10.5 gm.
Big variety leaf juice of Devil's claw – Martynia diandra- *(Perun Thel kodukkilai charu)*	q.s.

Method of Preparation

In the Group – A substances, ganduc and mercury must be ground well till it turns to black. The other four ingredients

should be separately pulverized and all six substances mentioned in Group – A must be mixed and white field crab essence should be added little by little and ground for 12 hours and dried in Sun and made into a fine powder.

In the Group –B substances, Black lead must be placed in an iron ladle and melted and the Group – A powders must be sprinkled little by little on the melting part of the Black lead and churned with an iron crowbar. When all the powder is thus sprinkled, the above lead will be powdered. Mercury (Group – B) should be added and with the big variety leaf juice of Devil's claw must be added little by little and ground for 3 hours. It should be made into cakes and dried and kept in a concave mud vessel and closed with another and sealed with five layers of mud cloth and dried. Then make *puda* process with 175 gm of cow dung cakes. After cooling put into pestle and grind well and adding big variety leaf juice of Devil's claw little by little for *puda* process. For every heating the quantity of cowdung cakes must be increased. This process must be repeated for 36 times. The resultant will be very high quantity Black lead *chunnam*.

Dosage: 65 – 130 mg.

Curable diseases

If taken with apt adjuvants dyspepsia will be cured.

Dietary restrictions

Proper diet depending on the severtity of the diseases and the patient's strength.

Note

One should not get disheartened to learn that 36 times the process has to be done for obtaining this calcium. The whole process ends in a month. It is not only useful for curing diseases, but also useful for Palsies.

158. KARUVANGA CHENDOORAM – 1

Ingredients

Purified Black Lead	35 gm.
Leaf juice of Downy Jasmine	
Banana stem juice	q.s.

Method of Preparation

The Black lead should be filed and made into a fine powder. This should be put into a pestle and added little by little with leaf juice of Downy Jasmine and should be ground for 12 hours. The grinding need not be done continuously and can be done leisurely. However the duration of grinding is of prime importance. Then made into cakes and dried. Then put into a pan and closed with a lid and sealed with three layers of mud cloth and heated with cowdung cakes of 1750 gms for *puda* process. After cooling taken out as above and again ground in the juice and heated 4 times repeatedly again and again.

Repeat the process in Banana stem juice 5 times. Totally if *puda* process is done for 10 times, by the Almight's grace, higher quality *Chendooram* of Black lead can be obtained.

Dosage: 65 – 130 mg.

Curable diseases

If taken with apt adjuvants, delirious diseases, ulcerative diseases, diabetes, diuresis, suspension of urine, dropsy, accumulation of marbid fluid in the White of the eye *(Neer etram),* neck ulcer, acid dyspepsia *(sakthi kunmum)* opthalmia, heat of the skull, dryness due to *Pitha,* hiccup due to *Vatha,* asthma, tuberculosis, dark discolouration patches with foliation, and vitiligo will be cured.

Dietary restrictions

According to severity of the diseases and physical conditions, of the patient diet should be restricted.

159. KARUVANGA CHENDOORAM – 2

Ingredients

Black lead balls (35 gms each)	2 Nos.
Pulp of Worm killer - Aristolochia bracteata - *(Aaduthinna palai vizhuthu)*	1400 gm.
Orpiment Juice of Daemia extensa	q.s.

Method of Preparation

The lead balls should be encased in the pulp of Worm killer and made into a ball and put into a pan and covered with lid and sealed with 7 layers of mud cloth and heated in 3 x3 feet pit. When taken out lead ball would have become whitish. It should be weighed. One third weight of it should be Orpiment and it should be pulverized separately. The lead also be pulverized. Both be mixed and put into the pestle and ground with juice of Daemia extensa adding little by little for 12 hours and made into cakes and dried. Then put into a pan and covered with mud seal and dried. 175 gm weight of cowdung cakes have to be used for *puda* process. After cooling, the resultant will be *Chendooram.*

Dosage: 130 – 390 mg.

Curable diseases

If taken with apt and special adjuvants, gonorrhoea, menorrhagia, diabetes will be cured.

Dietary restrictions: Ichapathiyam (Aviod mustard, gingelly oil and sexual contact).

160. KARUVANGA CHENDOORAM – 3

Ingredients

Burnt ash of Indigofera asphalathoides *(Sivanar Vembu)*	2.600 litre.
Urine	4 litre
Black lead ball	35 gm.
Perchloride of Mercury	3.5 gm.
Saliva Leaf juice of Thorn apple – Datura genus juice *(Oomathai ilai charu)*	q.s.

Method of Preparation

Above burnt ash of Indigofera asphalathoides urine must be poured and dissolved and kept for a night. Next morning superficial liquid must be taken away and the rest boiled to take the salt. That salt must be made into 2 parts. One part must be put in a concave circular vessel and the Lead ball to be placed another part of the salt must be placed on it and covered with another similar vessel and sealed with 3 layers of mud cloth. This is to be put into *puda* in 3 feet deep pit. After cooling the resultant Lead will be whitish colour. This has to be put in a pestle and pulverized and perchloride of mercury is added. Saliva and Leaf juice of Thorn apple are added little by little and ground for 6 hours. This should be made into cakes and kept in a circular concave mud vessel and closed with another and sealed with 3 layers of mud cloth and put to *puda* process burnt in cowdung cakes six times weight of the container. After cooling it must be taken and as above with Saliva and Leaf juice of Thorn apple must be ground for 6 hours and the burning to

be repeated. Again another three times the process must be repeated. Totally five times the process must be done and the resultant will be a very special *Chendooram.*

Dosage: 130 – 390 mg.

Curable Diseases

Apt and special adjuvants when added, gonorrhoea, menorrhagia, diabetes will be cured.

Dietary restrictions

Avoid non restricted diet, ordinary mild diet in which using mustard, gingelly oil and cohabitation.

161. KARUVANGA CHENDOORAM (VAIPPU) - 1

Ingredients

Purified Black Lead	70 gm.
Four times purified petre	70 gm.
Dried root of Field Spinach *(Siru keerai)*	140 gm.

Method of Preparation

Salt petre must be pulverized and kept. Dried root of Field Spinach must be cut into small pieces. Lead to be put in a pan and melted. On the point of melting, salt petre 2 pinches must be put and small quantity of dried root of Field spinach also must be put. It should be stirred well with a thin stick. Thus done orderly, when all the salt petre and the Field spinach disappears black lead will become red calcined.

Dosage: 130 – 390 mg.

Adjuvants : Cow's butter and ghee.

Diseases curable

With apt adjuvants ring worm, acute leprosy, scabies and red leech bites will be cured.

Dietary restrictions

Fresh onion and cooked old rice must be taken once in the morning. Cow's butter milk mixed cooked rice and cow's milk mixed rice can also be taken. Foodstuffs which raise the body heat and produce skin allergies should be avoided. Smoking and sexual contact must be totally avoided.

162. KARUVANGA CHENDOORAM (VAIPPU) - 2

Ingredients

Purified Black Lead	175 gm.
Purified Mercury	175 gm.
Bishop weed – Carum copticum *(omam)*	350 gm.
Dired Moringa oleifera flower	350 gm.
Red variety of Rough chaff tree	
Whole plants – Achyranthes aspera-	
(Sivappu Nayurivi samoolam)	q.s.

Method of Preparation

The above Lead must be melted and amalgamated with mercury. Bishop weed should be pulverized and flower of Moringa oleifera added and kept apart. Rough chaff tree must be cut into small pieces and kept apart. Early purified Lead mercury should be placed into a pot and kept in an oven and melted. On melting point, the Bishop weed and Moringa oleifera powder must be sprinkled and roasted with a stick. As soon as it burns again these two powders be sprinkled. When

both these are completely sprinkled, Rough chaff powder must be sprinkled and roasted.

Again after the first sprinkled burns, the powder should be sprinkled second time. Thus often it should be sprinkled upto the content becomes red calcined. This will become a red calcined in one, two or three hours.

Dosage: 260 – 520 ml.

Adjuvants and Diseases curable:

1.	Banana – Red variety or *Rasthali*	17.5 gm.
	Honey	10.5 gm.

Both mixed and taken with the above calcined powder (Red calcined powder of Black Lead) cures migraine, cephalagia, opthalmia, otalgia and odontopathy diseases. It can be used with the fruits without adding honey.

2.	Sugar	7 gm.
	Ghee	7 gm.

Both mixed and taken with the above calcined powder cures all kinds of gonorrhoea diseases.

3.	Old Palm Jaggery	5.25 gm.
	Honey	5.25 gm.

Both mixed and taken with the above calcined powder cures dysmenorrhoea, utrine tumour, hematocolpometri etc.

4.	Root bark powder of Moringa oleifera	3.5 gm.
	Honey	10.5 gms.

Both mixed and taken with the above calcined powder cures phlegm diseases, indigestion.

5. Powder of Roasted Artanema sesamoides (*Neer mulli seeds*) 5.25gm.

   Honey 10.5 gm.

   Both mixed and taken with the above calcined powder diarrhoea will be cured.

6. Root bark of Solanum trilobatum *(Pei Sundai)* 1.75 gm.

   Root of vomitring swallow wort-Tylophora asthmatica (*Kurinja root*) 1.75 gm.

   Vetiveria zizanioides-Cuscus grass (Vetti ver) 1.75 gm.

   Honey 10.5 gm.

   Altogether mixed and taken with the above calcined powder, in adequate dose six types of diarrhoea will be cured.

7. Juice of Alternanthera sessilis (Ponnanganni juice) 10.5 gm.

   Honey 10.5gm.

   Together taken with the above calcined powder, burning sensation in hands and legs will be cured.

Dietary Restrictions

According to the diseases with discretion as per the need of the situation.

Note

This Black Lead calcined powder is one of the rarest. But in doing it utmost concentration and alacrity and the handling are very mandatory. Because of the heat variance, sometimes quickly and sometimes lately it becomes calcined powder. Sometimes without becoming calcined powder it gets carbonised (blackened). Therefore if two or three times repeatedly done it will naturally

yield its secrets of processing. If once it fails, one should not get disheartened and it must be done again.

163. KARUVANGA PAVAZHA CHENDOORAM

(Another Method)

Ingredients

Purified Black Lead	35 gm
Purified crystallised foliated gypsum	35 gm
Genuine Coral	35 gm
(Who can't to afford coral, may use coral reef)	
Purified Fuller's earth (Pooneeru)	8.75 gm
Lemon Juice	
Eclypta prostata juice	q.s.
(Potralai Kaiyanthakarai charu)	
Myrobalan Ganduc	

Method of Preparation

Black Lead should be made into thin sheet and cut into tiny pieces and kept aside. Coral, Gypsum (*Silasit*) and Fuller's earth should be pulverised and mixed and kept. Already purified blacklead powder should be placed in a pestle and should be ground in lemon juice adding the same little by little. It should be ground so that it becomes butter like. Then already prepared powders should be added and with lemon juice adding little by little and ground for 12 hours. Then made into cakes and dried and put in a concave circular shallow mud vessel and covered with lid and sealed with three layers of mud cloth and after drying put into *puda* process with cowdung cakes of equivalent weight of 20 times of the *Kavasam*. After cooling to be taken out and weighed. ¼ of the total weight of thus taken substance

should be the weight of the Lead Ganduc that has to be added. Again this Ganduc must be ground in lemon juice for another 6 hours and made into small cakes and dried as described above should be put into concave circular shallow mud vessel and closed with another and sealed with 3 layers of mud cloth and 8750 gm. of cowdung cakes to be burnt in *puda* process. Again after cooling to be taken out and weighed. ¼ of the total weight of thus weighed substance should be the weight of the Myrobalan Ganduc to be added to the substance. It should be ground with the juice of Eclypta prostata adding the same little by little for 6 hours and made into small cakes and dried and placed on a pan and covered with lid and sealed with three layers of mud seal cloth and to be sublimated as above in 8750gm. of cow dung cakes. After cooling it should be taken and weighed. ¼ of its weight of Ganduc be added and ground with the same Eclipta prostata juice adding little by little for 6 hours.

Again the same is to made into cakes and dried and sublimated as described above. When taken out with the grace of Siddhar very high quality red calcined powder will result. If the quantity is in adequate or the heat is less and ground is not in proper will not result with good colour. In such circumstances the above process is again repeated, the desired red calcined powder can be obtained.

Dosage: 260- 520 mg.

Curable Diseases

Taken with proper adjuvants, gonorrhoea, urogenital disorders and skin diseases will be cured.

Dietary restrictions

Avoid non restricted diet, ordinary mild diet in which using mustard, gingelly oil and cohabitation (*Icha pathiyam*)

164. KARUVANGA CHENDOORAM

(Another)

Ingredients

Purified Black Lead	175 gm
Four time dried Salt petre	350 gm
Opium	17.5 gm
Maçaranga roxburgii root *(Vatta thuthi ver pattai)*	87.5 gm
Tanners senna root bark *(Aavarai ver pattai)*	87.5 gm

Method of preparations

Salt petre must be pulversied and kept aside. Macaranga roxburgii root and Tanners senna should be pulverised and kept separate. Opium must be made into small pellets like the size of jequirity (*Kunrimani*) and kept.

Lead to be placed in a mud pan and melted. On the point of melting one pellet of opium must be put and small quantity of salt petre powder is to be sprinkled on it. Tanners cassia root bark powder and it must be churned by an iron cowbar. After the medicines put get burnt again as above (one after the other in the same order as described above) substances must be applied and churned as before.

If done thus for 12 hours the roasted will become red calcined powder. If it is not becoming red calcined powder in the stipulated time again for more 1½ hour to 3 hours continuously it must be again roasted. Now it will become red calcined powder. Instead of packing it in paper, it should be kept in a glass bottle for use. When kept in paper not only it gets spoiled, its potency also reduces.

Dosage: 260-520 mg.

Adjuvants and curable diseases

1. Common Cumin seeds
   Cuminum cyminum (*Narseerakam*) 3.5 gm.
   (should be roasted and powdered and sieved in a nice clean cloth)
   Country Sugar 3.5 gm.
   Cow's butter 7 gm.

All the three together with the drug if taken as per the quantity prescribed (twice a day; morning and evening) for 10 to 20 days, renal calculi obstructing diseases, venereal diseases attended with loss of semen) *pitha* diseases, excitement and increase of bile humour (*Pithakoba noigal*) watery diarrhoea (*Neer kazhichal*), thirst, ardor urinae (*neer kaduppu*) wasting of the body, tuberculosis, burning sensation in face hands and legs and other similar diseases will be cured.

2. Ginger juice 5.25 gm
   Honey 10.5 gm

Both these are taken together taken with the drug (twice a day) morning and evening for 12 days for the diseases like dyspepsia and delerium.

3. Group 8 drugs power 3.5 gm
   (Attavarka chooranam)
   Ghee or Honey 7 gm

Ghee or honey taken together with red-clacined powder twice a day (morning and evening) for 10 days, diarrhoea, 12 kinds of excessive diarrhoea, varieties dysentery, hematocolpometri and post natal pus formation (for ladies) will be cured.

4. Upper skin removed dried ginger
   Piper nigrum
   Piper longum (*Arisi thippili*)
   (All the three ingredients should be of equivalent weight and be separately roasted lightly and sieved in a cloth) — each 3.5 gms

   Honey — rq.

Both together mixed with the above red calcined powder in the required quantity (as specified earlier) and if given (morning and evening) for 20 days jaundice attended with anemia, dropsy, anaemia, poisonous dropsy, emaciation cough etc. will be cured .

Diet

Avoid non restricted diet, ordinary mild diet in which using mustard, gingelly oil and cohabitation (*Icha pathiyam*)

Attavarka Chooranam

Cummins, Black cummins, pepper, piper longum (Arisi tippili), Rock salt (Induppu), Asafoetida, Carum copticum. All these eight substances must be pulversied separately and sieved in a cloth and taken in equivalent weight and mixed.

Purification of Nagam (Zinc)

Zinc must be melted and tilted into oil of Bassia seeds *(Illupa ennai)*. The oil must be sufficient to fully immerse the zinc. Once used oil should not be reused. After cooling zinc must be taken and the above process must be repeated again and again 10 times. The zinc gets purified.

Note

When it is said generally as *Nagam*, the term referring to different kinds of zinc as mentioned *Siru kan nagam, and perunkan nagam* can be used.

165. NAGA PARPAM
(ZINC CALCINE)

Ingredients

Purified Zinc	35 gm
Milk spurge (*Elaikalli charu*)	q.s.

Method of Preparation

Zinc must be put in an iron Iadle and in it about 17.5 gm. of above milk spurge must be poured and with a steel rod if it is rubbed zinc will become powder. That powder to be placed in a pan and on it the milk spurge equivalent in weight the powder must be poured and closed with a similar shaped pan and sealed with mud cloth and burnt for 12 hours. Should be allowed to cool for a day. When taken out the Calcined oxide *(parpam)* will be pure white. If the flame is insufficient or the process falters, there will be differenciation in colour and if so the process to be repeated. After a day the calcined oxide *(parpam)* will be of good quality.

Dosage: 260 mg -520 mg.

Curable diseases

When given with apt adjuvants lung diseases like from tuberculosis to coughs of all etiologies will be cured.

Diet: Avoid non restricted diet, ordinary mild diet in which using mustard, gingelly oil and cohabitation (*Icha pathiyam*) has to be avoided.

Note: Even if Mercury equivalent to the weight of zinc is taken and burnt as said above, it will become Calcined oxide. As Mercury associated Calcined oxide *(parpam)* will be of very special quality, people who prefer can do this way also.

166. NAGA PARPAM

(Another method)

Ingredients

Purified Zinc	35 gm.
Opium	5.25 gm.
Plant juice of large milk wort-polygala telephoides *(Periya Nangai Charu)*	q.s.

A kind of rare plant used in medicines and in poisons)

Method of preparation

Zinc must be placed in an iron pan and put on an oven and melted opium, small pellet like the size of jeqirity must be put with iron rod and agitated and roasted. As soon as it burns again opium must be put and again roasted. Likewise when all opium is exhausted zinc would have fried well and become Calcined oxide *(parpam)*. That is to be placed in a pestle and should be ground with above plant juice adding little by little for 6 hours. Must be made into small cakes and dried. Put into a mud vessel and covered with another and sealed with 5 layers of mud cloth and dried. This container must be sublimated in 20 times in weight of the container in cowdung cakes. After cooling, when taken calcined oxide would have resulted.

Dosage: 260 mg -520 mg.

Adjuvants Curable diseases

Taken with butter and ghee with Zinc calcined oxide piles and gonorrhoea will be cured.

Dietary Regimen

Avoid non restricted diet, ordinary mild diet in which using mustard, gingelly oil and avoid cohabitation (*Icha pathiyam*)

Note

In the above process without applying opium and plant juice of Polygala telephoides grinding, the drug can be used in the above diseases. If the herbal plant is easily available using of it will be fine. No doubt, therefore whoever uses the above drug must prepare according to their places, availability of the substances and the man power with discretion.

167. NAGA PARPAM

(Another method)

Ingredients

Purified Zinc	38.5 gm.
Purified Mercury	38.5 gm.
Four time dried salt petre	10.5 gm.
Lime juice	q.s.

Method of Preparation

Zinc to be placed in an iron ladle and melted and then mercury be added. While adding mercury has a tendency to splash. Therefore a vessel with a small hole should be inverted on the mercury and through the hole mercury should drip into zinc or in mercury, castor oil or gingelly oil must be added and kept and melted zinc must be poured into. Thereafter the oils thus put must be completely removed for purification.

Thus joined, the substance must be poured into a pestle and with lime juice added little by little it must be ground for and hours with powdered salt petre's addition also. To be made into small circular cakes and dried. To be placed in a shell and covered with another and sealed with 7 layers of mud cloth and dried. 20 times of the container weight must be the cow dung cakes. That is to be used for sublimation. When taken out after cooling calcined oxide *(parpam)* will be there.

Dosage: 130 – 390 mg.

Curable diseases

With honey and gheė as adjuvants, gonorrhoea gonorrhoea ulcers, gonorrhoea, urticaria etc. will be cured.

Diet

According to the severity of the disease and physical strength of the patient with suitability.

168. NAGA PARPAM

(Another method)

Ingredients

Purified Zinc	35 gm.
Butea frondosa flower pit oil *(Purasampookuzhi thailam)*	q.s.

Method of preparation

Zinc must be melted in a ladle and water clearing tree nut size *(Thethan Kottai)* above flower pit oil of Butea frondosa must be poured and roasted. This has to be done often until the substance becomes calcined oxide. When done likewise, like horse gram fry zinc will get fried and become calcined oxide *(parpam)*.

Dosage: 65 - 130 mg.

Adjuvants and curable diseases

The above calcined oxide taken with 7 gms. of butter for 20 days (morning and evening) quality of semen will improve. Diluted semen will solidify. Nerves will strengthen and physical and mental strength will improve.

Dietary restrictions

Avoid non restricted diet, ordinary mild diet in which using mustard, gingelly oil and avoid cohabitation *(Icha pathiyam).*

Milk, sweets, meats and mutton must be added as extra in food.

169. NAGA PARPAM

(Another method)

Ingredients

Purified Zinc	7 gms.
Pongamia glabra seed oil *(Punga ennai)*	
Banana stem juice	
Morinda umbellata leaf juice *(Nuna leaf charu)*	q.s

Method of Preparation

Zinc must be placed in an iron ladle and melted and tilted in Pongamia glabra seed oil. This oil should be adequate to immerse zinc completely. Once used oil should not be used again. This process is to be repeated for three times. Then zinc must be rubbed well with a cloth. No oil must be there. Should be immersed in adequate banana stem juice to remain 5 inches above the zinc for soaking. 7 days after, the substance to be taken and melted in an iron ladle. On the point of melting a little quantity of Morinda umbellate juice must be poured and rubbed with the iron rod. This process should be done for five to six times each. After the total evaporation of the juice it should be churned. After repetition of this process five or six times get the resultant calcined oxide. Till getting the calcined oxide *(parpam)* it must be churned.

Dosage: 260 – 390 mg.

Curable diseases

Together with butter 7 gm, the above calcined oxide in adequate quantity taken, anorexia *(manthakkini noi)* will be cured. Appetite will improve, body strengthens, and taken with other adjuvants all varieties of various aetiologies will get cured.

Diet: Discretionary.

170. NAGA PARPAM

(Another method)

Ingredients

Purified Zinc	35 gm.
Bryonia laciniosa (*Ivirali charu)* or *(Namakkovai charu)*	q.s.

Method of Preparation

Zinc to be placed in an iron ladle and blown in a smithy and the above Bryonia laciniosa or Cephalandra indica should be added little by little and with an iron rod to be churned. When the juice gets dried, fresh juice to be added. Just like this for one or two hours it has to be blown and churned. Above calcined oxide be put in a pestle and adding the above juices little by little and ground for 6 hours and make into small cakes and kept in a concave and circular mud shell and covered with another shell and sealed with five layers of mud cloth. The weight of the cowdung cakes used for sublimation should be 10 times the weight of the container. After sublimation and cooling when taken, the calcine oxide *(parpam)* will be of very high quality.

Dosage: 260 – 390 mg.

Curable diseases

With apt adjuvants all types of gonorrhoea, initial stage leprosy, gonorrhoea ulcers etc. will be cured.

Dietary restrictions

Tamarind, smoking and sexual contact should be totally abstained from. If the disease is virulent severe it is better to avoid salt. If not it must be roasted and added to food stuffs..

171. NAGA PARPAM

(Another method)

Ingredients

Zinc (Sirukan Nagam)	175 gm.
Angular leaved physic nut leaf juice Jatropha curcus (*Kattamanakku ilai charu*) Peeled powder of yellow Chebulic myrobalan Lime juice	q.s.

Method of Preparation

Zinc to be placed in a crucible and melted to be tilted in Angular leaved physic nut leaf juice. The juice must be sufficient to immerse zinc completely. Once used juice should not be used again. Everytime fresh juice must be used. This juice must be taken in a new vessel and tilted. This process must be done for 7 times. The resultant zinc is pure and ready for usage.

Above zinc must be placed in the crucible and melted and in a new mud vessel Chebulic myrobalan peeled powder above 350 gm. To be sprinkled and churned with a Portia tree stick. Zinc will become powder. It should be put in a winnow (muram) and thrashed to take only the pure zinc. The powder to be placed in the pestle and ground adding the lime juice little

by little for 12 hours and dried fully in sun heat and placed in a concave circular mud shell and closed with a similar one and sealed with 5 layers of mud cloth and make sublimation with 700 gm of cow dung cakes. After cooling, repeat the above process in lime juice for 12 hours. This type of sublimation must be done 7 times. There won't be any impurities and will withstand for any test.

Dosage: 520 – 780 mg.

Diseases cured

This calcined oxide taken with 7 gm. of honey for 7 days (morning and evening) all kinds of skin diseases like blackening of the hands and legs (allergy), eruptions *(thadippu),* urticaria etc. and other black skin abnormalities will be cured.

Diet

According to the severity of the disease, easy or hard dietary restrictions must be stipulated.

172. NAGA PARPAM

(Another method)

Ingredients

Purified Zinc	70 gm.
Neem yellow leaves	q.s.

Method of Preparation

Zinc is placed in the cleaned iron ladle and blown in a smithy and Neem yellow leaves juice is added little by little and roasted with iron spoon; zinc will get fried like popcorn.

Dosage: 260 – 390 mg.

Adjuvants and curable diseases

On the first day 390 mg. of calcined oxide be added with 3.5 gm. of honey and taken in the morning only. On the second day 780 mg. of calcined oxide be added with honey and taken. Every day by day increasing 3 times of calcined oxide is taken for 7 days; excessive uric acid in the blood, flatulency due to venereal heat (*mega vayu*), rheumatoid arthritis etc. will get cured.

If taken 140 gm. Cow's milk with 520 mg. of the above calcined oxide and taken 7 days in the morning only, the venereal diseases like pus forming and bleeding gonorrhoea will be cured.

Dietary restrictions

Tamarind, smoking, sexual contact, fish and dried fish must be strictly avoided.

173. NAGA PARPAM

(Another method)

Ingredients

Purified Zinc	35 gm.
Leaf juice of Indian marsh mallow (*Thuthi leaves*)	315 gm
Ammonii chloridum (*Navacharam*)	52.5 gm.

Method of Preparation

Indian marsh mallow and Ammonii chloridum must be separately parted into 3 equal quantities. Zinc must be placed in a big mouth iron ladle and Ammonii chloridum one part mashed and Indian marsh mallow juice must be poured on the melting point and to be stirred by an iron ore. When the juice dries it must be again poured. Third time also the similar

process has to be done. Zinc will be fried like popcorn and the ladle will be completely filled. Therefore in the inception itself, wide mouthed big iron ladle must be used for melting.

Dosage: 0.875 - 1.75 gms.

Curable diseases

Above calcined oxide taken with 10.5 gm of Raddish juice in the above said dosage for 7 days (morning and evening), eight types of dyspepsia will be cured.

If taken together with cow's milk 175 gms. and above medicine 520 mg when taken together, for twice a day (morning and evening) 21 types of gonorrhoea will be cured.

If taken with 28 gm. of above calcined oxide taken with 3.5 gm of country sugar, will cure hydrocele and inflammation and swelling of the testicles.

Diet

Avoid non restricted diet, ordinary mild diet in which using mustard, gingelly oil and avoid cohabitation *(Icha pathiyam)*

174. NAGA CHENDOORAM

Ingredients

Purified Zinc	35 gm.
Bark & leaves of Black acacia powder *(Karuvelampattai)*	175 gm.

Both must be equivalent and made into pulp. It should be wet. Should not be dried.

Method of Preparation

Zinc to be placed in an iron vessel and put on an oven and conflagrated in a big fire used for preparing medicines and got

up with 4 or 5 pieces of fuel *(Kadakkini)*each of 2 fingers width. When zinc melts, already prepared bark and leaves powder of Black acacia – 175 gm. must be put into zinc and kept closed. As soon as the drug applied is burnt it must be churned with an iron rod. Again as done earlier the bark and leaves powder of black acacia must be put and often it must be put. Thus when roasted for 12 hours the substance becomes fine *Chendooram.*

Dosage : 260 – 390 mg.

Curable diseases

Taken with proper adjuvants, fistulae, gonorrhoea, flatulency due to venereal heat and venereal pains will be cured.

Dietary restrictions

Tamarind, smoking , sexual cohabitation etc. must be totally avoided. Further according to the suitation dietary restrictions may either be easy or strict.

175. NAGA CHENDOORAM

(Another Method)

Ingredients:

Purified Zinc	175 gm
Carum copticum (Omam)	175 gm
Four times dried Salt petre	105 gm
Turmeric	35 gm
Skin removed dried ginger	35 gm

Method of Preparation

All ingredients must be pulverised separately and kept. Zinc must be placed on a flat surfaced vessel and kept on an

oven and when zinc melts, on the point of melting, should be stirred up with an iron ladle. Thus again and again it must be roasted. After 12 hours, by the grace of God red calcined powder will result. Due to insufficiency of heat or defects in the roasting the substance doesn't form red calcined powder. It should be further roasted for another 6 hours with the above 5 substances, then without fail it will become *Chendooram.*

Dosage: 260 – 520 mg.

Adjuvants and diseases curable

If this *Chendooram* is taken with 7 gm. of honey for twice a day (morning and evening) according to the condition of the illness for 20 to 40 days, it cures tuberculosis, bronchial asthma, chest pain, phlegmatic irritability excitement and increase of bile humour, seminal diseases tissue growth, dyspepsia, leucorrhoea, fistula, burning sensation in the palmer parts of hands, eyes and head. Though for the above diseases only honey is said as adjuvants; other apt and appropriate adjuvants can be taken along with the calcined oxide as per the need of the situation and condition.

The five component parts of the plant *Avarai,* (Tanners Cassia – Cassia auriculata *Avarai Panchankam)* should be separately dried in equal parts, mixed and put on a big mud pot. In the bottom small holes must be pierced. The mouth of the pot must be closed with a lid and sealed with mud cloth and dried. A big ditch has to be dug and in it a small pit must be made and in it a porcelain vessel has to be placed. The porcelain vessel and the bottom of the pot must be sealed with mud cloth and to the porcelain vessel's mouth alone filled with mud. The whole ditch to be covered with cowdung cakes and burnt. When cooled and taken oil would have descended in to the porcelain vessel. This is known as Tanners cassia five parts pit oil. (*Avarai panchanka kuzhi thailam)*

If the *Chendooram* is taken with 3.5 gms. of Tanners cassia oil, 3.5 gm of honey both together taken with the above calcined oxide for 2 times a day for 20 to 40 days according to the body condition various diabetes will be cured.

The above *avarai panchanga* those all five to be separately powdered and sieved in a cotton cloth and kept which is called A*avarai panchanga thool* (Powder).

This Tanners cassia five parts powder 3.5 gm., honey 10.5 gm both mixed and taken with the above red calcined powder as per the prescribed dose in the morning and evening for 20 to 40 days; when taken diuresis, strangury, tuberculosis, emaciatin diseases etc. will be cured.

Plumbago genus bark powder *(Kodivelli pattai thool)*	1.75 gm.
Honey	10.5 gm.

Both together with above *Chendooram* as per dosage should be taken twice a day for 20 to 40 days. Acid dyspepsia, tuberculosis and rat bites poisonous effects will be cured.

Vitis quadrangularis (*Pirandai)* should be cut into small pieces and it must be soaked in the cow's curd overnight. Next day along with curd it must be dried. When dried completely again as above soaked in curd for a night, third time also the process to be repeated. This must be powdered after the third night and sieved in a cloth and kept.

Thus processed Vitis quadrangularis (*Pirandai Thool)*	3.5 gm.
Cow's ghee	3.5 gm.

These two mixed must be taken with the *Chendooram* as per the dosage morning and evening per day for 10 days by

which all piles diseases will be cured. Even if the diseases are chronic in 10 or 15 days gap again if taken for 10 days two or three times, possibly curable piles and severely afflicted and incurable piles even when chronic will definitely get cured.

Bezoar orientale *(Korochanai)*	260 mg
Above Red calcined powder	260 mg
Honey	7 gm

All should be taken together and if taken morning and evening (Twice a day) for 3 days; 18 varieties of pyrexias will get cured.

Piper longum powder	1.75 gm.
(Roasted and sieved in cloth)	
Honey	1.75 gm.

With the above red calcined powder taken in the morning and evening twice a day for 10 days. A chronic disease marked by watery diarrhoea with burning sensation the chest and abdomen *(moola kirani)* will be cured.

Nut meg (*Sathikkai*)	each powder
Mace of nutmeg (*Sathi pathri)*	3.5 gm
Clove	
Cummins	
Honey	7 gm

All these powders mixed with honey and red calcined powder as per dosage if taken morning and evening twice a day for 10 days, vitality will increase; semen quality will improve; physical strength will be gained and physical stamina will increase.

Dietary restrictions

What are the foods to be avoided in respective diseases must be avoided. Again physical condition of the patient nations prosperity and the time factor etc. must be taken into account by the physician who prescribes dietary regulations. Sometimes though it is said to avoid tamarind etc. when such a stipulation is made some patients may develop Cholorrhoea *(pithathikkam),* giddiness and hiccups may result. If such things happen the blame falls on the medication; truly such side effects are due to abstinence from intake of tamarind only. Thus for such of those having these tendencies instead of totally restricting them from taking the quantum can be advised in reduced quantities. Therefore we write only the incompatible food stuffs to each and every medicine is described here. Therefore physicians should make their own assessment of the patient and stipulate food restrictions which is better.

176. CHENDOORAM THIRAVAHAM

Ingredients

Green Copper sulphate (*Anna bedhi)*	2975 gm.
Alum	1575 gm.
Salt petre (*Vediuppu)*	700 gm.
Fuller's earth (*Pooneeru)*	350 gm.
Sulphur	350 gm.
Common salt	175 gm.

Method of Preparation

Above substances must be powdered separately. Altogether put in a porcelain vessel and kept at night for dew in the open. One part in the morning should be put in a still acid making vessel *Valai* to be processed and made into acid (The acid

preparatory method please see Rasavatha Cintamani Part .II) This acid should be added to the formely kept substances and again put into still *valai* and acidified. Again third time it is to be repeated. This acid thus obtained must be kept in a container with stone graphite cork.

Note

When the substances are put into the acid making jars *(valai vessels)* the oven must burnt mild. If the flame exceeds the limit the flask used for making the acid will burst and spill. If liquid doesn't descend fully, flame should be stopped. Even when not stopped the jar may burst. Once used jar for acid preparation should not be reused. Therefore utmost caution and care must be taken while preparing the acid.

177. NAGA CHENDOORAM

(Acid process)

Ingredients

Group – A

Purified Zinc	35 gm
Purified Mercury	35 gm
(both should be churned with alertness)	

Group –B

Yellow orpiment (*Thalagam)*	35 gm
Purified Sulphur	35 gm
Purified Navacharam	35 gm
Purified Veeram	105 gm
Liquid (acid) as above prepared	q.s.

Method of Preparation

The above ingredients should be pulverised separately and to be taken together.

Group(A) Zinc decoction and the Group-B substances should be put into the mortar and ground with the liquid acid adding little by little liquid for 12 hours. Then it should be made into cakes and dried. After the all the wetness gone, the cakes must be powdered and put into a 7 layers of mud cloth and sealed with a stone cork. This container should be placed in a pot in laid with 10cms. Thickly spread sand and then again sand has to be poured to cover the container entirely. The pot to be kept on an oven and burnt for about 12 hours. To be allowed to cool for a day. When taken on the next day red calcined powder of golden colour is obtained.

People who are unable to do as described above, should take the cakes prepared earlier and place it in a shell covered with another and sealed with 7 layers of mud cloth (wedges) and burn it in cow dung cakes 7 times weight of the shell shield (mud container). After cooling, if taken out red calcined powder of golden colour is resulted as complete red calcined powder in which case liquid (acid) Group-A substances as said above should be added again and ground for 3-6 hours and made into cakes and dried completely. Then it should be placed in a shell covered again sealed with 5 layers mud cloth and again burnt. Now the resultant will be the red calcined powder of golden colour.

Dosage: 130 – 260 mg.

Curable diseases

With proper adjuvants if the drug is administered a kind of spreading skin disease due to venereal cases, leprosy, and gonorrhoea will be cured. There are also other disorders for

which the above drug is useful. Those experienced can use this drug according to their choices and preferences.

Dietary restrictions

To be prescribed according to the severity of the disease and physical condition of the patient.

Note

White Lead, Black Lead can also be processed as calcined powder in the method described above.

VEERA MEZHUGU

(Perchloride of Mercury paste)

Take the above liquid (acid) in required quantity in which copper sulphate should be dipped and dried in the Sun by which the *thurusu* blocks will become white. They must be left in the Sun until they become completely white.

Into this white copper sulphate, Ammonii chloridum equivalent in weight must be added and kept in night dew to result medicinal water (*Seyaneer*). If this Ammonii chloridum is made to solidify it will have special characteristics. People who required can do this.

In the above medicinal water Perchloride of mercury should be dipped and heated in a castor oil lamp. This will result in semi solid wax which is useful for both treatment and paralysis application also.

178. THRIVANKA PARPAM

Ingreddeints

Purified White Lead	35 gm. each
Purified Black Lead	
Purified Zinc	

Root of Aerua lanata q.s.
(Sirupeelai ver)

Method of Preparation

The above substances to be placed in a mud vessel and melted. Then a small quantity of Root of Aerua lanata powder to be added and churned with an iron crowbar. When the powder gets burnt again the same powder must be put and churned again. If churned as described above two or three times within 6 to 9 hours the above three leads will be calcinated. In case it does not get calcinated either due to difference in heat or due to the roots alkalinity, one should add the powder repeatedly till the substance gets calcinated. In case there is any impurity in the calcined oxide leaf juice of Red prickly spinach, *(Semmulli)* must be made into cakes and dried. Then it should be placed in a shell and closed with a similar shell and sealed with 5 layers of mud cloth and dried. This container must be burnt in cow dung cakes 7 times in weight of the containers and allowed to cool. When the shell opened and the content if taken, it will result in high quality calcined oxide.

Dosage: 130 – 260 mg.

Curable diseases

If administered with proper adjuvants it will cure gonorrhoea, urinary diseases, dyspepsia and asthma.

Dietary restrictions

Discreetly prescribed according to the nature of illness and restrictions to be advised as per the norms of the patient's physical condition.

179. THRIVANKA PARPAM

Ingreddeints

Purified White Lead Purified Black Lead Purified Zinc	35 gm. each
Whole plant of red prickly spinach (*Semmulli samoolam)*	q.s.

Method of Preparation

The above three substances should be placed in a brand new mud vessel and burnt on an oven. Then whole plant of red prickly Spinach (aerial parts) must be mashed like cotton and taken. As soon as the leads melt, this powder or mashed red prickly Spinach must be added on the melting point and agitated with an iron ladle and roasted. Thus adding the herb the substance roasted for 12 hours the resultant will be the calcine. This calcine should be placed in a mortar and ground with the above whole plant-aerial parts of red prickly Spinach adding the same little by little and grind for 6 hours.

Then this paste must be made into cakes and dried and placed in a bowl shape shell and closed with a similar one identical in shape and size exactly to fit on the lower bowl. Then the round edges must be sealed with 5 layers of mud cloth to make it airtight and dried. This container should be heated in cow dung cakes eight times in weight of the container. The substance to be taken out after the container is well cooled .

Dosage: 260- 520 mg.

Curable diseases

If taken with proper adjuvants the diseases like gonorrhoea, dyspepsia and asthma will be cured.

Dietary restrictions

According to the severity of the diseases and also the physical condition of the patient, the physician should decide and advise for and against well suited and ill suited food stuffs.

180. VANKA THANKA PARPAM

Ingredients

Purified Black Lead	3.5 gm
Zinc	11.4 gm
Gold	520 mg.
Silver	520 mg.

Afistful of Phyllanthus amarus
(Keela nelli ver)

Half fistful of hog weed – Boerhaavia diffusa
(Mookirattai ver)

Method of Preparation

Let Gold and Silver placed in a crucible be melted first. On melting black lead must be added. This should be agitated with a stick and zinc also added and melted and should be cooled and kept (A)

Then an iron ladle should be washed and scrubbed it well to make it white and clean. The above processed substances (A) must be placed in the ladle and melted in a smithy and on melting that must be churned with the bunch of roots of Phyllanthus amarus for 48 minutes. Then it should be roasted for 24 minutes with hog weed root bunch. If done likewise all the above get calcined oxide.

Dosage: 130 – 390 mg.

Adjuvants and Curable diseases

With apt adjuvants the medication if used in the morning and evening for 7 days will cure gonorrhoea with white discharge, gonorrhoea with pus, gonorrhoea with discharge of blood, ardor urinae, dysuria, disappearance syndrome of the epidermis of privy parts and naval area, tastelessness, piles, the *vayu* in the sacral region, motion and cough etc.

Appetite will improve. The semenial strength will be gained.

Honey	3.5 gm.
Golden Lead calcined oxide	260 mg
Red calcined powder of Linga	260 mg

If all the above taken together all *vayus* will be cured.

181. THRIVANKA CHENDOORAM

Ingredeints

Purified White Lead	
Purified Black Lead	7 gm.
Purified Zinc	
Bronze Bismuth	3.5 gm.
or	
Myrobalan Sulphur	
Salt petre	1.75 gm. each
Common salt	

Method of Preparation

Bronze bismuth should be pulverised, powdered and kept aside. Substances mentioned above should be powdered separately, mixed and kept. This is called Salt powder. In a mud vessel the three leads should be placed and the vessel on an

oven. When the three substances melt bismuth powder, must be sprinkled little by little and on it a little quantity of the salt powder must be sprinkled and agitated with an iron ladle. If done likewise all the three leads will be calcinated. The calcined oxide should be taken and put in a vessel like shell (*Anda odu)* and closed with another similar one with same size and shape and sealed with 5 layers of mud cloth and dried. This must be burnt in 1750 gms. of cow dung cakes and when taken after cooling, it would have transformed into a red calcined powder.

Dosage: 130 – 390 mg

Curable diseases

With proper adjuvants 21 types of gonorrhoea, 21 types of diabetes, 6 types of diarrhoea, 9 types of piles, 8 types of dyspepsia, tuberculosis, asthma and cough can be cured.

Dietary restrictions

According to the conditions of the diseases and the physical stamina of the patients apt food stuffs have to be prescribed.

182. VANGA MATHIRAI

Ingredients

Purified Lead	35 gm
Vermilion (*Sathi lingam)*	17.5 gm
Orpiment	17.5 gm
Mercury	14 gm
Butter milk	q.s.

Method of Preparation

First lead and then mercury should be well mixed and powdered in a mortar and the other two substances must be powdered separately and added to it and ground well by

adding butter milk little by little for 12 hours and made into small pellets in the size of Indian liquorice and dried under shade and kept.

Dosage: 1 tablet

Curable diseases

The above tablet must be rubbed and powdered and dissolved in 17.5 gm of butter milk and administered twice a day (morning and evening) for 40 days continuously. 21 types of diabetes, tuberculosis and gonorrhoea will be cured by this.

Dietary restrictions

Tamarind, smoking and sexual contact must be strictly avoided. Also food stuffs incompatible to the physical conditions of the patients should be avoided.

183. THRIVANKA MATHIRAI

Ingredients

Group – A

Purified white Lead *(Vel Vankam)*	35 gm.
Purified Black Lead *(Karu Vankam)*	35 gm.
Purified Zinc *(Nakam)*	35 gm.
Purified Black Mica *(Krishnappiraka Navaneetham)*	105 gm.

Group – B

Purified Mercury	52.5 gm.
Purified Sulphur *(Kanthakam)*	105 gm.
Cleome pentaphylla *(Velaicharu)*	q.s.

Group – C

Sulphur	q.s
Eclipta alba juice *(Kaiyanthakarai juice)*	q.s

Preparatory Method

First, the 'A' group ingredients are melted together and powdered along with Black Mica *(Krishnappiraka Navaneetham)* and kept aside.

Next the 'B' group drugs are ground well till they stewed well and added to the group 'A' drugs and ground adding the juice of Cleome pentaphylla *(Velai charu)* little by little for 12 hours and then dried and powdered.

This should be placed inside a crucible and closed well with a lid and sealed with mud – cloth in three layers *(Seelai Mann)* and dried. Thus sealed crucible must be kept inside a mud – pot having sand spread to the level of 10 cms and again sand has to be poured into the whole pot and the pot must be heated for 12 hours and kept cooled. The substance thus taken should be mixed with Myrobalan sulphur *(Nellikkai kanthakam)* in equal quantity and ground well for 3 hrs adding Eclipta alba juice *(Kaiyantha karai charu)* little by little.

Then the substance is made into cakes, dried well and kept in a mud pan and covered with a lid in seven layers sealed with mud *(Seelai mann)* and dried. This container should be subjected to *Cow dung Puda* with cow dung cakes 6 times in weight of the container.

After cooling, this medication should be taken out and placed in a mortar and ground adding juice of Eclipta alba *(Kaiyanthakarai)* little by little for 3 hours. As done earlier, the substance is dried well and made into pills, and subjected to mud – puda. This process is repeated and the substance must

be processed and ground with the juice of Eclipta alba for every 3 hours and kept into mud – puda until it turns to the form of rubrum *(Chendooram)*. After it becomes a good *chendooram*, half of its weight of purified Cinnabar *(Lingam)* must be mixed and ground with breast milk, adding little by little for three hours. Then the preparation should be made into the size of pellets *(Kunrimani)* and dried under shade and preserved.

This is called **Thirivangamathirai.**

Dosage: ¼ to 1 tablet.

Adjuvants and Curable Diseases

1. One tablet taken with honey (3.5 gm.) twice a day for 45 days – cures all kinds of sexually transmitted diseases.

2. Juice of Indian coral leaves – Erythrina indica *(Kalyana Murukilai Charu)* 3.5 gm.
   Honey 3.5 gm.

   If the tablet is taken mixed with above two adjuvants, urolithiasis (*stone – like urination*) will be cured.

3. Juice of Alternanthera sessilis *(Ponnankanni Charu)* 5.25 gm.
   Honey 3.5 gm.

   If the tablet is taken with the above mixed adjuvants imminent urinary diseases will be cured.

4. Cow's Urine *(Komiyam)* 7 gm.
   Honey 7 gm.

   If the tablet *(Thivanka Mathirai)* is taken with the mixture of Cow's urine and honey, urinacruenta (urine with blood) will be cured.

5. Seed powder of long leaved barleria

Barleria longifolia *(Neer mulli vithai powder)*	3.5 gm.
Gingelly oil	7.0 gm.
Honey	10.5 gm.

If the tablet is taken along with these three, excessive flow of urine (Urorrhagia) and all other kinds of urinary diseases *(Neer Noi)* will be cured.

6. Powder of long leaved barleria

(Barleria longifolia)	35 gm.
Black paddy rice flour *(Karun kuruvai)*	70 gm.

A paste is prepared *(Kali)* with these two, and if the above tablet is taken with this paste strangury *(Moothira kricharam)* disease will be cured.

7. Powder of Barmuda grass (Cynodon dactylon)

(Erumai arugu)	3.5 gm.
Honey	3.5 gm.

If the tablet is taken with along with these two, urina galactides (white liquid like urine)will be cured.

8. Amaranthus campestris *(ciru keerai)*	175 gm.
Gingelly oil cake	87.5 gm.

The above two are cooked and mashed well. If the tablet is taken with honey, followed by the above cake-paste, yellowish urine (uroxan thin), toddy like urine (urine junentosa), urine with pus and blood are cured.

9. Melochia corichorifolia *(punnakku Keerai)*	175 gm.
Gingelly oil	70 gm.

If the tablet is taken with honey followed by the fried and mashed mixture of the above two, diabetes *(Mathumega noi)* will be cured.

10.	Peel of Chebulic myrobalan – yellow variety	4.4 gm.
	Terminalia chebula –*(Kadukkai thol)*	
	Peel of Beleric myrobalan	
	Terminalia belerica – *(Thanrikkai thol)*	4.4 gm.
	Dried flesh of Emblic myrobalan – *(Nelli mulli)*	4.4 gm.
	Nut grass Cyprus rotundus – *(Korai kizhangu)*	4.4 gm.
	Turmeric	4.4 gm.
	Dried unexpanded Spadix of the Cocoanut tree - *(Thennam palai)* – dried	4.4 gm.
	Dried leaves of Indian Coral tree	
	Erythrina indica – *(Murukkilai)* dried	4.4 gm.
	Bark of Sage leaved Alangium Alangium lamarckii – *(Kadal azhinchi pattai)*	4.4 gm.

1.300 litre of water is added with the above ingredients and boiled till it is reduced to 1/8 th. If the above tablet is taken with this decoction, grease-like urine and urinagalactodes (urination like lime-water) are cured.

11.	Peel of Yellow variety Chebulic myrobalan. Terminalia chebula – *(Kadukkai thol)*	11.0 gm.
	Bark of Sage leaved Alangium Alangium lamarckii – *(Kadal azhinchi pattai)*	8.75 gm.
	Marulmulli ver pattai	4.4 gm.
	Horse root – Withina somnifera – Aswagandhi *(Amukkara kizhangu)*	4.4 gm.
	Opium *(Abini)*	7.0 gm.

Method of Preparation

Add 1.300 litre of water to the above ingredients and boil them till the water is reduced to 1/8 th. It is filtered and added with opium. With this decoction the above tablet may be taken

as described above for treating the urinary tract infections, painful micturation *(Neer kaduppu),* burning micturation *(Neer Erivu)*, dysuria *(Neer chikkal),* uroxanthin (yellowish urine), discolouration of (Bluish) urine etc.

12. *Kuruvai* rice flour and the betel *(Neer Valli)* leaf are taken in equal quantity (q.s) and powdered with the above tablet and boiled till it attains the poultice form and then kept cooled. The following diseases are cured with this adjuvant.

Strangury *(Moothira kiricharam),* excessive flow of urine *(Vegu moothiram),* dysuria *(moothira adaippu),* urrorrhagia, urine with pus etc.

Note

This tablet is mostly used in many of the urinary tract infections. In short, it acts well if it is administered with the above said adjuvants, 21 types of urinary tract infections and 21 types of gonorrhoea *(Piramiya noi)* diseases will be cured by using this tablet.

Dietary regimen

Suitable diet restriction is essential depending upon the severity of the disease, body strength and the condition of the physique.

Note

This method has to be maintained with utmost secrecy since it is a very precious preparation.

If suitable medicines are administered with proper adjuvants like *pittu*, bread, decoction with the above tablets the diseases will be cured within the stipulated period and diabetes will be cured as specified in *'Sarabendira Vega Nivarana Bodhini'*.

Purification of silver

The silver required for the preparation of *parpas* should be white in colour if broken or melted; it should be of better quality and strong enough, with moisture and should not be broken while beating.

a) The silver made into a sheet form and burnt with charcoal and soaked in the vinegar. After cooling well, it has to be again burnt as before and soaked in the vinegar again. The vinegar may be replaced for each drench and the liquid should be full enough so that the silver sheet is immersed completely. This process is repeated soaking the silver sheet 12 times in vinegar and 7 times in each of gingelly oil, soured butter milk, boiled decoction of horsegram and cow's urine. Thus the silver is purified .

b) The silver is also purified by the following method:

The silver (12 gm weight) is taken with the black lead (2.6 gm) and borax (2.6 gm). All the three are mixed and well melted. The silver is taken out after blowing out the black lead. The silver is thus purified.

184. VELLI (SILVER) PARPAM – 1

Ingredients

Purified Silver	11.4 gm.
Myrobalan Sulphur *(Nellikkai Gandagam)*	11.4 gm.
Gold coloured Bismuth *(Pon Nimilai)*	11.4 gm.
Latex of Calotropis gigantea *(Erukkam pal)*	q.s.

Note: Black coloured Bismuth *(Kakkai Nimilai)* may be used instead of gold coloured bismuth, if it is not available.

Preparation

Sulphur and bismuth are pounded in a mortar and triturated for 12 hours adding latex of Calotropis gigantea little by little. The paste is spread over the upper side of the silver sheet uniformly and dried. And then it is put into the process of gaja *puda* (mud *puda* – 36 inch square) with 5 layers of mud cloth. After cooling, silver would be in the form of *parpa.*

Adjuvants and curable diseases

1.	Juice of White Lotus Flower	11.4 gm.
	Concentrated Honey	11.4 gm.

If the abovesaid parpa is prescribed with the above two mixed items in required quantity in the morning and evening (twice a day), heart and brain will be strengthened. Bronchitis will be cured.

Dosage: 130 mg – 260 mg.

2.	Goat's ghee	11.4 gm.
	Honey	11.4 gm.

If the abovesaid *parpa* is prescribed with the above two mashed items in required quantity twice a day, tuberculosis, bone fever *(Aththi suram)* and chronic fever will be cured.

NOTE

If the *Velli Parpam* is taken with goat's butter with honey the above said diseases will be cured. The water mixed with the meat of the wild goat in the ratio of 16:1 and boiled till the decoction is reduced into 1/8th part and the hot mixture is filtered in a wool and put into an another vessel. This preparation is kept in a cool place, till it gets the ghee form. To get better cure, it may be used in lieu of white goat's ghee.

3. Adathoda vasika decoction – stewed powder 3.5 gm.

Honey 11.4 gm.

The juice of *Adathodai* leaves is boiled till it gets stewed to the form of powder. If the *velli – parpa* is taken with the above powder in proper quantity whooping cough, cough with *kapha* and *pitha* will be cured.

The juice of Hibiscus rosa sinensis is boiled till it gets the form of sauce and kept cooled. This is called *Senkuzhambu.* If the *velli parpa* is taken with this sauce, in required quantity 20 types of *venereal diseases (Piramegam)* are cured; increases the spermatogenesis; removes laziness and activates and strengthens the body by increaseing the energy.

If the preparation of the above sauce is not possible, the raw juice of Chinese rose may be used.

5. Whole plant of Calotropis (Tribulus terrestris) 11.4 gm.
(Siru Nerunjil)

Calcined powder of foliated Gypsum
Asphaltum *(Silasathu parpam)* 260 mg.

Honey 11.4 gm.

The juice of whole plant of Calotrops (Tribulus terrestris) (Siru Nerunjil) is boiled as described above till it attains the form of sauce and kept cooled. After cooling if the Silver *parpam* is taken with the above adjuvants all the troubles related to urinary tract will be cured.

Note:

If the juice of Calotrops *(Nerunjil)* is stewed in the steam engine effect will be better. If it is not possible the juice may be heated in sunlight till it gets the required consistency.

If both of the above methods are not possible raw juice of Calotropis may be used.

6.	White Lotus flower juice	22.8 gm.
	Honey	11.4 gm.

If the Silver *parpam* is taken with the above mixed adjuvants with proper dosage chronic bronchitis, cough, combination of wind and bile humors, tuberculosis, parasitic hemoptysis *(Ratha kasa noi),* fever related with tuberculosis, asthma *(traippu)* bronchitis and *Manthara kasam* are cured.

7.	Powder of Long pepper	130 mg.
	Powder of Pepper	650 mg.
	Cow's ghee	11.4 gm.
	Honey	11.4 gm.

The above are mixed and if Silver *Parpam* is taken with this mixed adjuvants in proper dosage cough related with *vatha* and *kapha Karapanga suram* and burning sensation of the body are cured.

Long Pepper and pepper may be prepared by frying them or by heating in the sunlight and crushed into powder.

8.	Musk	130 mg.
	Powder of the Clove *(Lavangam)*	130mg.
	Powder of Nut meg- Myristica fragrans)	520 mg.
	Honey	11.4 gm.

All the above are mixed together and if the Silver *parpam* is taken with this in proper dosage venereal diseases *(Pitamegam)* and tuberculosis related with *piramegam* are cured besides strengthening the body.

9.	Nandu *parpam*	650 mg.
	Poonaaga *parpam*	130 mg.
	Coral Powder	130 mg.
	Pearl Powder	130 mg.
	Honey	11.4 gm.

The above all are mixed together and if Silver *parpam* is taken with this in proper dosage severe chronic bronchitis and severe tuberculosis will be cured.

Note:

Nandu Parpam

White variety crab after removing the sting and legs are heated in a small earthen vessel covering its mouth with thick *puda.* After cooling, the heated crab is powdered and sieved in a cloth. This preparation is called *Nandu Parpam.*

Earth worm parpam *(Poonaga Parpam)*

Earthworms found in red soil are brought and soaked in butter milk for 3 hours so that the stomach waste are cleared out. Then the earth worms are cleaned with water 2 or 3 times and heated by putting them into a small earthen vessel covering the mouth with thick mud cloth. After cooling it is powdered and sieved in a cloth. This preparation is called *Poonaga Parpam.*

(The processing of Coral and Pearl are described in the *Unani Vaidhiya Viruthiya Bodhini* – Part -1)

10.	Juice of Betel leaf (Piper betle)	11.4 gm.
	Honey	11.4 gm.

The above are mixed together and the if Silver *Parpam* is taken with proper dosage all types of tuberculosis *(Kaasam)* are cured.

11. Juice of Betel leaf 11.4 gms.

Pepper powder 520 mg.

The above are mixed together and if taken with proper dosage piles *(Karana moola noi)* etc. will be cured.

Note:

The adjuvants above said should be taken according to the severity of the disease, body condition and strength of the patient using the presence of mind of the physician to get better results.

185. VELLI PARPAM

(Another Method)

Ingredients

Purified Silver (made into a square disc of ½")	12 gm.
Purified mercury Myrobalan Sulphur *(Nellikkai Kanthagam)* Orpiment *(Thalagam)* Fried *Venkaram*	each 12 gms.
Lemon Juice	q.s.

Method of Preparation

First mix the mercury and *kanthagam* and triturate well till it turns into blackish paste. Triturate *thalagam* separately as a fine paste and add with other ingredients and again ground it adding the *Venkaram* lastly. Ground well adding the lemon juice little by little for 3 hours.

Apply the paste on one side of the silver disc and dry it. Then apply the paste on the another side of the disc and dry it well.

Then place it in an *akal* and cover it with upper *akal* and seal them with seven mud layers and put to strong *gajapuda* and allow it to cool. Then there will be a fine Silver *parpam* which will be black in colour.

If there is any residuals found in the *parpam*, the above process may be repeated again to get a fine *parpam*.

Dosage: 130 mg – 260 mg ; twice a day.

Adjuvants and curable diseases:

1.	Juice of Turmeric tuber	5.2 gm.
	Honey	11.4 gm.

Mix the above and take along with the silver *parpam* for curing Dropsy *(Paandu noi)*, enlargement of Spleen due to fever *(Surakkatti)*, inflated *(Uppi noi)* etc.

2.	Flower juice of Lucas indica *(Thumbai poo charu)* Juice of Three lobed night shade Solanum trilobatum *(Thoothuvalai charu)*	each 5.2 gm.
	Honey	11.4 gm.

Mix the above and take the Silver *Parpam* in proper weight for curing the diseases of throat. It will improve brain power, eye sight and memory power.

3.	Juice of Tender leaves of Five leaved chaste tree Vitex negundo *(Vennochi kozhundu charu)*	11.4 gm.
	Cow's ghee	11.4 gm.

Mix the both and take the above *parpam* for curing the diseases like acute pain *(Soolai noi)*, *kapha* fever etc.

4. Bark Juice of Sweet Indrajao

   Wrightia tinctoria *(Vetpalai Marapattai charu)* 11.4 gm.

   Honey 11.4 gm.

   Mix the both and take alongwith the *parpam* for curing the diseases like haemorrhoids, dysenery, *Raktha pitham* etc.

5. Bark juice of Bastard Teak

   Butea frondosa *(Purasam pattai charu)* 4.4 gm

   Honey 11.4 gm.

   Mix the above and take together with the *parpam* for curing the diseases of worm infestation, piles related to *kapha vatha*, hernia *(utharavatha noi)* etc. It is best for many other stomach diseases.

6. Leave juice of Wild Liquorice

   Abrus precatorius *(Kunrimani Ilai charu)* 4.4 gm

   Honey 11.4 gm.

   Mix the above two and take the *parpam* in proper dosage for curing *pitha*, parchedness of the mouth, and tongue (Xerostomia) etc.

Other suitable adjuvants may also be prescribed based on the condition of the disease and the patients.

Ilagams and ghees may also be used as adjuvants for curing the diseases concerned.

186. VELLI PARPAM

Ingredients:

Wild Anise seed Pimpinella anisum *(Kattu Perunjeerakam)* q.s.

Purified Silver 12 gm.

The silver is burnt and made into a thin sheet with a thickness of a tamarind leave. Soak the silver sheet in the juice taken by pounding the leaves of Wild Anise seed. Then place the silver sheet to be immersed well into the leaves juice.

After cooling well, again heat the silver sheet and soak it in the leaves juice. Repeat the process for 25 times and change the leaves juice and continue the process with a fresh juice for 100 times.(Totally for 100 times).

Then take 175 gm of the above leaves and ground it as a fine paste and place the silver sheet and seal it with 3 layers of mud and put into 3 layers of mud pasted *puda* process.(*Varatti pudam* with *Varatti* of 5880 gm weight).

After cooling well, collect the powder which will be seen in fine white colour that is silver *parpam.* If it is otherwise, repeat the process to have a fine white *parpam* of silver.

2.6 gm of this *parpam* changes the mercury of 12 gm. into butter form. (This was actually done by me in my practice.)

Among the silver *parpams* intended for the spermatogenes is this variety is claimed to be superior.

Dosage: 130 mg – 260 mg. per dose.

Adjuvants and curable diseases:

1. Cow's ghee — each 11.4 gm.
   Sugarcandy powder

Mix the above two and take along with the Silver *parpam* in proper dosage and then drink boiled cow's milk added with 350 gm. Sugar candy.

If taken twice a day for 20 days the physique will improve.

Improves blood circulation and blood purity.

Improves appetite, and cures *piramiya* diseases (STDs). Facial attraction, physical beauty and improvement of spermatogenesis are the other benefits of this *parpam.*

2. Peel removed Dried ginger powder 520 mg.

   Galls-Rhus succedanea
   (Karkadaga sringi powder) each 260 mg.

   Almond gum powder-Prunus amygdalis
   (Vadhumai pisin)

   Honey 16 gm.

Mixing all the above items and taking with silver *parpam* in proper dosage, all types of coughs will be cured. Chronic phlegm will come out easing the chest. Asthma and wheezing also are cured with this. Lungs will get strengthened; constipation will be relieved.

3. Juice of Black Basil plant
   Ocimum sanctum *(Karun thulasi)* 11.4 gm.

   Yellow variety Chebulic myrobalan powder
   Termilinalia chebula
   Manjal Kadukkai thool 3.5 gm

   Bamboo salt –*(Moongil Uppu thool)* 520 gm

   Honey 11.4 gm.

Mix all the above items and take parpam along with this for curing all types of coughs. The cough that disturb the sleep will also subside and give sound sleep.

4. Turmeric Powder 8.75 gm

   Tinospora cordifolria-Medicinal salt prepared
   from its stalk *(Seenthil Sarkarai)* 520 mg.

   Honey 11.4 gm.

Mix the above and take the *parpam* in proper dosage for curing various types of *piramiya* (STD) diseases.

Further taking this silver *parpam* with proper adjuvants will cure several diseases.

For improving spermatogenesis, if taken with the halwas intended for the purpose, it will improve spermatogenesis, body strength and healthy physique.

Dietary Regimen

Suitable restricted diet may be taken according to the ailments.

187. VELLI PARPAM

(Another method)

Ingredients

Mulam velli (coated silver)	12 gm.
Leaves juice of Pomegranate leaves	
Punica granatum – *(Madhulai)*	q.s.

Method of Preparation

Beat the silver as a thin sheet in the size of a tamarind leaf. Burn seven times (for each liquid) and soak in gingelly *oil, kadi,* cow's urine, horsegram decoction and soured buttermilk procedurely.

Again heat the silver sheet and soak in the leaves juice of *madulai* for 3 or 5 or 7 times. At the stage when the silver sheet turns into pieces, stop heating further because the entire sheet will turn into powder. So, utmost care should be taken to heat the sheet upto the turning point. Place the sheet over the 350 gms of pounded leaves of *madulai* paste, and seal them with 7

layers of mud paste, dry it, and place in a pit where 14 kg cowdung cakes are kept in.

All the cow dung cakes should be below the ground level and the *puda* must be done in a place free from air, so that the *parpam* will be got up in one single *pudam*. Therefore fire should be strong enough to get the *parpam* in one single *puda* process.

After cooling well, take out the *parpam* and keep it safe in a bottle. At times by improper handling, two to three *pudas* may have to be done. Anyhow *puda* must be done till the *parpam* is obtained as desired best.

Dosage:

130 mg. – 260 mg with cow's butter or cow's ghee, twice a day.

Curable diseases

Used for all kinds of diseases. Suitable adjuvants like *ilagam*, ghees, *manappagu* may also be administered.

Weakness, general debility, loss of spermatogenesis, tuberculosis, continuous fevers, bodyheat, bone fever etc. will be cured by this *parpam*.

On continuous intake of this *parpam* may prove best properties which might be felt by the users.

188. VELLI PARPAM

(Another method)

Ingredients

Jarigai silver	11.4 gm.
Red Orpiment *(Manosilai)*	52.5 GM

Root bark juice of Milk hedge
Euphorbia tirucalli *(Kodikalli ver pattai charu)* q.s

Method of Preparation

Beat the silver as a sheet having the thickness like that of a tamarind leaf. Powder the Red Orpiment in a mortar and make it as a paste adding the Milk hedge bark juice little by little. The butter like paste should be applied on both sides of the silver sheet and make it dried.

Then spread the Milk hedge root bark in an *akal* and place the silver sheet in the centre and then cover with an upper pan with 5 layers of mud seal. Allow it to dry and put to *puda* with cow dung cakes 20 times of the weight of the *kavasa.*

After cooling take out the silver sheet and make small cakes by grinding it adding the Milk hedge root bark juice little by little for 3 hours and make disc an dry and cover with an upper pan with 3 layers of mud seal, put *puda* with cowdung cakes 10 times of the weight of the *kavasa* and again put into *puda.*

By the Almighty's grace there will be a fine *parpam.*

Dosage: 390 mg – 780 mg.

Adjuvants: Ghee, Honey, Butter.

Curable diseases

Cough, tuberculosis, respiratory disorders, hoarseness of throat, wheezing asthma, cough, *vayu* etc.

Diet

Suitable dietary restricion may be followed based on the severity of the disease and the condition of the patient.

189. VELLI PARPAM

(Another method)

Ingredients

Purified silver	4.4 gm.
Alum – *China karam*	52.5 gm.

Method of Preparation

Beat the silver into a sheet of the thickness of a tamarind leaf. Triturate Alum into a fine powder. Take one part of the powder and spread it in a plate and place the beated silver sheet in it. Pour the other part of the powder over the sheet and make the silver sheet neutrally placed. Cover it with 5 layers of mud seal and put *chadura kaja pudam.*

After cooling, when we open it, there will be a fine *pa*[illegible] of the two-Alum and silver sheet. Collect the powder and mix it well in a mortar and keep it safe.

It is very useful for eye ailments.

Dosage: 390 mg. – 520 mg.

Curable diseases

If administered with suitable adjuvants, diseases like gonorrhoea *(Piramiya diseases),* venrereal heat, *(Vettai choodu),* internal heat, *(Moola choodu),* bone heat *(Elumbu choodu)*, congenital heat *(Kana choodu)* etc. will be cured.

If 65 mg (one grain weight) of the *parpam* is applied on the eye, all eye ailments like cataract *(padalam), pillam (blepharitis)* reddish eye, mor-bid growth of flesh in the eyes *(sathai valarchi),* epiphora *(kannil neervadithal)* etc., will be cured.

Dietary Regimen

Suitable dietary restriction may be adhered according to the condition of the patient and the disease.

190. VELLI PARPAM

(Another method)

Ingredients

Purified Silver	11.4 gm.
Petals of Fragrant screwpine (red variety)	
Pandanus odoratissmus – *(Chethalampoo)*	350 gm.
Turmeric powder	70 gm.
Indian hemp-Cannabis sativa	
Ganja powder	70 gm.

Method of Preparation

Beat the silver into a thin sheet and cut it into pieces. Pound the Fragrant screwpine flowers and divide it into two parts. Divide also the turmeric powder and Indian hemp powder each into two parts separately. Spread one part of the Fragrant screwpine flowers' pieces over a square cloth of 20" and spray one part of the turmeric powder over it. And spread one part of the Indian hemp powder over the turmeric powder.

Spray the silver pieces over it and spread another part of the Indian hemp powder on it. Spary the other part of the turmeric powder over it and then spread the Fragrant screwpine pieces on it and cover it with a square piece of cloth and tie well with a coir and set up with 5 layers of mud seal, put into dry it and puda process.

After well cooling, take out carefully, where the silver pieces will be seen like the fried millet. Collect these carefully and powder it in a mortar and sieve in a cloth and keep safe for use.

This is very alkalic in nature, so also in properties.

Dosage: 130 mg – 162.5 mg.

Curable diseases

If the adjuvants mentioned in SI. No. **183** are used, the diseases mentioned there will also be cured.

This *parpam* is very useful in improving appetitte and spermatogenesis.

Diet

Suitable dietary restricion may be followed based on the severity of the disease and the condition of the patient.

191. VELLI PARPAM

(Another method)

Ingredients

Silver coin	12gm.
Juice of red variety of one leaf of Lotus	q.s.
Paste of red varietyone leaf Lotus	1400gm.

Method of Preparation

Soak the silver coin in the juice of red variety of one leaf lotus. The coin should immerse well into the juice and put in the day light till the juice completely dries out in the Sun heat. Repeat the process upto 3 or 5 or 7 times consecutively.

Then put the coin amidst leaf paste (350 gm) and make it in a ball shape. Make 5 layers of mudpaste, seal it and dry it and put into *gaja puda* process.

After cooling well, the silver coin together with the letters on it, would be as *parpam*. Take the *parpam* and powder it in a mortar and keep it safe for use.

Dosage: 130 mg – 260 mg.

Diseases cured

If administered with proper adjuvants, bronchitis, tuberculosis, cough, venereal heat *(Vettai choodu)*, bone heat *(elumbu choodu)* etc., will be cured.

Diet

Suitable dietary restriction may be followed based on the severity of the disease and the condition of the patient.

192. VEERIYA VELLI PARPAM

Velli Parpam (Higher potency)

Ingredients

Purified Silver powder	11.4 gm.
Juice of Pomegranate (Soured)	0.325 ml.

Method of Preparation

Grind the silver powder adding the fruit juice little by little (Not necessary that it should be pound at a time or the entire juice be required at a time).

Grind the powder with ½ a litre juice at first. When it attain the stage of water free paste, make it into small cakes and dry it.

Then place them in a mud pan and cover it with strong mud paste and dry it. Then put into *puda* process using cow dung cakes of 2800 gm.

After cooling there will be a fine divine *parpam* with God's grace.

Dosage: 260 mg – 390 mg.

Diseases cured

If administered with proper adjuvants, severe fever, bone fever, incurable venereal diseases, liver heat, burning sensation in the limbs, eye imitation and all other diseases related to heat will be cured.

This *parpam* is very powerful by nature. This is very useful for curing Tuberculosis. It is better than the medicines like *Sorna maliyam, Vasantha kusumakaram* for treating turberculosis which can be experienced by the users themselves on medication.

Diet

Suitable diet restriction may be observed according to the diseases and the body condition.

193. VELLI PARPAM

(Super potency)
(Maha Veeriya Velli parpam)

Ingredients

Purified *Velli parpam*	10.5 gm.
Purified *Velli paadanam*	21.8 gm.
Purified Mercury	43.75 gm.
Juice of Black betel leaf	q.s.

Method of Preparation

Divide the paadanam into 25 parts each having 0.875 gm. Divide the mercury into 25 parts each having 1.75 gm. Grind the silver parpam in a mortar for 6 hours adding the black betel juice little by little. Make the paste into small cakes and dry it. Then put them into a mud pan covered with mud paste and allow it to dry. Then put into *puda* process using the cowdung cakes equal to the weight of the *kavasam*.

After cooling well, take it out and put it into the mortar. Add one part of *paadanam* and one part of mercury and powder them and mix them well. Then grind them adding the black betel leaf little by little and make into small cakes and dry it.

After drying, again put into *puda* process as done before.

Puda process should be done for 25 times repeatedly adding and grinding the *paadanam* and mercury. Increase the quantity of the cowdung cakes for every 3 *puda*, by ¼ or ½ of the quantity (or otherwise not compulsory). But the quantity of fire should be in proper level. This may be ascertained by the level of mercury. If the mercury is completely burnt off it means that the level of fire is sufficient enough. If the flow of mercury high the fire may be increased to some extent.

All these have to be experienced personally in day to day practice.

After the completion of 25 such *pudas,* take the *parpam* and put it into the mortar and grind it adding the black betel leaf juice (not to add *paadanam* or mercury) little by little for 6 hours and make it into small cakes and dry them.

And put the cakes into *puda* process using cowdung cakes of 840 gm. Repeat the process for 5 times continuously. Now the *parpam* will be of more alkalic with high potency. The *parpam* will be 25% or 50% more over and above the weight of the *parpam* depending on the methodology and *puda* process used.

Take the following :

Silver *parpam*	1 part
Clove powder – Caryophyllus aromaticus *Lavanga* powder (pounded and sieved in a cloth)	1 part

Saffron powder Crocus sativus
(Kungumapoo) 1 part

Put the Saffron powder in a mortar and grind it adding some rose water. And then add the other two items and grind it for one or two hours and make them into small cakes and dry them. And then powder it in a mortar and keep it safe for use.

Dosage: 130 mg.- 390 mg.

Curable diseases

If the parpam is taken with honey or ghee the digestive power will be increased tremendously i.e. 10 to 20 times of the present intake power will be increased. It will improve body strength, physique and spermatogenesis. It improves nerves. Its benefits are numerous. One could surely be benefitted with this *parpam* in many ways, if he prepares this *parpam* despite method of preparation seems more difficult.

194. VELLI SOOTHA PARPAM

Ingredients

Purified silver	3.5 gm.
Purified mercury	1.75 gm.
Juice of Style plant – Launaea pinnatifida *(Eluthanipoondu)*	q.s.
Bishop's weed – Carum couticum *(Omam)*	q.s.

Method of Preparation

File the silver into powder and grind it with mercury adding the Style plant juice little by little for 6 hours. Make them into small cakes and dry it in the day light.

Take 87.50 gm. Bishop's weed in a mud pan and put the silver paste cakes over it and add Bishop's weed further on it.

Then seal it with 5 layers mud paste and dry it. Then put it into *puda* process using cowdung cakes 7 times or the weight of the closed seal.

After cooling, there will be a fine product of *parpam*. If otherwise, repeat the *puda* process once again.

Dosage 130 mg. – 260 mg.

Diseases cured

If administered with proper adjuvants, bronchitis, tuberculosis, cough, venereal heat *(vettai choodu)*, bone heat *(elumbu choodu)* etc. will be cured.

Diet:

Suitable dietary restricion may be followed based on the severity of the disease and the condition of the patient.

195. VELLI MEZHUGU

Ingredients

Purified & filed silver powder Camphor Purified Orpiment *(Aritharam)* Purified Sulphade of Lead *(Paadanam)* Purified Borax *(Vennkaram)*	each 7 gm
Calcined Lead or Lead *Parpa (Vanga Parpam)*	3.5 gm.
Latex of White Mudar plant	q.s.

Method of Preparation

Take the above items excepting silver powder and Calcined lead and triturate them each individually. Put all together in a mortar and grind it adding the latex of white mudar plant little by little for 12 hours. Make them into small balls and dry in the day light and sieve in a cloth and tie them with a knot.

Pour trusted spurge *(Thirugu kallippal)* in a small mud vessel (with a capacity of 1 litre) and make the above knot to hang over the trusted spurge 4" above the liquid level.

Heat the mud vessel upto the entire trusted spurge is dried off completely. Then take it out where the resultant will be in the consistency of wax.

Dosage: 130 mg. – 195 mg.

Diseases cured

If administered with proper adjuvants fever, bronchitis, tuberculosis, cough, *vatha* diseases and gastric troubles will be cured.

Diet

Restriction according to the diseases concerned.

196. TESTING THE PURITY OF THE VELLI PARPAM

The parpam will be of good quanlity and pure enough if,

I. It does not change into silver when it is melted together with borax, ghee and honey (the three should be equal to the weight of the parpam.

(it is a general formula that the metals will retain their original forms if they are melted with borax, ghee and honey.)

II. A pinch of the *parpam* put on the water should float over the level without immersing into water. Further if the *parpam* floats with a load of one black gram, then it is very pure without doubt.

These two tests may also yield for asphaltum *(Silasathu parpam)* and asbestos *(Kalnar parpam)* and hence the test of Silver *parpa* is some what difficult by these tests.

Therefore, the following genuine properties only can determine the purity of the *Velli parpam.*

If the taste of the Silver parpam shows coolness at first; shows initially tasteless, then sour taste and little sweet atlast. This is the real *parpam* prepared using proper methods.

There are so many uses of these parpams.

I. It will not cause constipation

II. Increases vitality and strength of the body

III. Purifies blood, cures inflammation, *vatha, pitha* and *kapha* diseases, spermatorrhoea etc.

IV. Improves physique, longevity and energy

If the *parpam* does not yield to the above tests, then they may be of low quality prepared by improper methods.

They may cause ill effects such as:

* loss of semen
* semen in urine
* spermatorrhoea
* irritation of the body
* giddiness
* heaviness of head
* internal heat of the body *(Azhalai)*
* scabies, itches.
* high palpitation
* unwanted sound in the chest
* vertigo
* strangury

These diseases may prolong years together. Therefore, the preparation and usage should be under proper methods and supervision of the experts.

197. VELLI CHENDOORAM

Ingredients

Purified Silver powder (filed)	35 gm.
Root bark juice of Trumpet flower tree Stereos permum chelonoides *(Pathiripattai charu)* Juice of Asparagus racemosus *(Thaneervittam kizhangu charu)* Root bark juice of Ceylon leadwort Plumbago zeylanica *Chitramoolave pattai charu*	each 1 litre

Method of Preparation

Put the filed silver powder in a mortar and grind it adding the bark juice of trumpet flower tree little by little .(Not at one time. It can be done partially as and when possible and added proportionally without any deviation).

After grinding with half of a litre of the said juice, make into small cakes and dry it. Then as usual put into *puda* process with 5 layers of mud seal paste, using cowdung cakes of weight 10 times of the *kavasam*.

Then take the chendooram after cooling.

Secondly, grind with the juice of Asparagus racemosus and put into puda process, as done before.

Lastly, grind with the root bark juice of Ceylon leadwort and put into puda process.

After all, there will be a fine *chendooram* by the God's grace.

Dosage: 130mg – 260 mg.

Aduvants and curable diseases

I. Administer with cow's milk for the phlegmatic diseases, like inflammation of the liver, leucophlegmatic, ascites, catarrh, enlargement of spleen, diarrhoea, pleurisy, abcess in the breast etc;

II. Administer with cooled water for jaundice diseases like *Oodhu kamaalai, Varat kamaalai, Vadha kamaalai, Pitha kamaalai, Sethuma kamaalai, Vadha sethuma kamaalai, Pitha sethuma kamaalai, Thri thoda kamaalai, Manjal kamaalai, Azaghu kamaalai, Sengamala kamaalai, Kumba kamaalai, Kunmakamaalai, etc.*

III. Administer with hot water for the *Vathathi gunma* diseases like a form of indigestion, followed by colic, congenital dyspepsia due to *vatha, pitha, kapha.*

IV. Adiminister with cow's butter milk for the *Soolai* diseases like *Vatha Soolai, Pitha Soolai, Sethuma Soolai, Three Thoda Soolai, Aama Soolai, Sarkkara Soolai, Gunma Soolai, Pakka Soolai etc;*

V. Give with the leaf juice of Indian mimusops – Mimusops hexandra – *(Palai ilai charu)* for *Ks'hayam* of *Vatha, Pitha & Kapha.*

VI. Administer with toddy – Eye diseases *(Thimiram)* like night blindness, eye diseases which cause dimness of sight in the

evening but clears after some time, acute pain and dimness of vision, eye diseases of the pupil, and short sight due to old age etc;

VII. Give with honey for contraction due to rheumatism, bilious, phlegmatic and nerves.

VIII. Administer with arrack for burning sensation of chest, burning sensation in the stomatch and burning of the extremites.

IX. Administer with ghee for all kinds of fever like rheumatic fever, billious fever, phlegmatic fever, billious fever, phlegmatic fever, triple *dosha* fever, Syphilitic fever, bone fever etc;

X. Administer with juice of Indian oak *Karuppan charu* for all *paandu* diseases like *vathapaandu, pithapaandu, sethuma paandu, mirthika bukta paandu, vida pandu.*

XI. Administer with the juice of Aloevera officinalis for pigmentation (Hepramaculosa), various macula's. *(Themal)* paralysis etc;

XII. Administer with almond ghee for urinary infections like Strangury, excessive secretion of urine (Hyper diuresis), dripping of urine, incontinence of urine etc;

For all these diseases, the Silver *chendooram* should be taken in proper dosage.

Note

The *chendooram* obtainable from the above process will be of pale in colour. But if, the silver is beaten as a thin sheet and ground with myrobalan sulphur adding cow's ghee little by little and put into *puda* process using cow dung cakes 7 times of the weight of the *kavasam*, the silver will be *Vettai.* If this

vettai is again put into *puda*, it swill be a *chendooram* of high quanlity. For every *puda*, 8.75 gm sulphur may be added while grinding to get a fine product. This is discretionary.

Diet

Avoid sourful vegetables, activities that reduces the body strength and sexual contact.

198. VELLI CHENDOORAM

(Another method)

Ingredients

Prepared Any method of Silver *(Velli) Parpam* Vermilion *(Sathilingam)*	35 gms.
Latex of Mudar – Colotropic gigantea – *(Erukkam pal)*	q.s. gms.
Bark Juice of peepul tree – Ficus religiosa – *(Arasampatti)*	q.s. gms.
Small climbing nettle decoction – Tragia cannabina *(Siru kanchori ver)*	q.s. gms.

Method of Preparation

Grind the first two items in a mortar adding the latex of mudar little by little for an hour and dry it. Then grind it adding the bark juice of peepul tree juice for an hour and dry it. Then grind again adding the decoction for 12 hours and make into small cakes and put into *puda* process using the cowdung cakes of 10 times of the weight of the *Kavasam* and allow it to cool. Repeat the grinding and *puda* process for 4 times to get a fine *chendooram.*

Dosage: 130 mg. – 260 mg.

Adjuvants & Curable diseases: All are same as said before.

199. VELLI CHENDOORAM

Ingredients

Purified Silver		3.5 gm.
Purified white lead tin *(Vel vangam)*		3.5 gm
Purified sulphur *(Kandhagam)*	each 0.8.75 gm.	
Purified Bisulphate of mercury *(Savveeram)*		
Purified Murias ammonia *(Navacharam)*		
Purified salt petre – Potassium nitrate *(Vediyuppu)*		
Purified orpiment *(Aritharam)*		
Whole plant Juice of Glinus lotoides		q.s.

Method of Preparation

Melt the silver in a *gugai putting* lead *(Velleeyam)* in its face. Kindle with a stick and allow it to cool. After cooling it will be in the form of *Kalangu.* Take mercury equal to the weight of the *Kalangu.*

Pound all other items each individually and then mix them together. Pound the *Kalangu* in a mortar and grind it adding the mercury first, and then adding the juice of Glinus lotoides little by little for 12 hours. Make them into small cakes and dry it. Then put them into *puda* process with seven layers of mud seal, and using 20 times of the weight of cowdung cakes. These will be a fine *chendooram* after completion of the *pudam.* If it is not found good, repeat the process again to get a fine *chendooram.*

Dosage: 130 mg. – 260 mg.

Adjuvants and Curable diseases

Anise seed – Anethum foeniculam – *(Perunjeerakam)*

Ingredient	Quantity
Cumin seed – Cuminum cyminum – *(Narceerakam)*	each equal weight.
Cardomon - Ellectaria cardamamum – *(elarisi)*	
Nutmeg – Myristica fragrans-*(Sathikkai)*	
Pulp of nutmeg – *(Sathipathiri)*	
Dried ginger without peel	
Pepper	
Sugar candy powder	equal to the total weight of all the above items.

Dosage

Mix all of them. Take 3.5 gm. of this powder along with ghee or honey (3.5 gm.) and required quantity of *chendooram.*

Curable Diseases

Tuberculosis, asthma, bronchitis, phlegm, indigestion, *piramegam, mega* diseases and dropsy.

Dietary Restrictions

Suitable diet restriction may be followed depending on the severity of the disease and the condition of the patient.

Note

The above *cendooram* is also useful for *Rasa Vatha* processes.

200. VELLI CHENDOORAM

(Another method)

The Silver may be made into *chendooram* using the methods *Attaloga Maaranam* drugs and *Dhuvadhasa Loga Maerava* drugs which were already described in S.I. Nos. 48

& 98 respectively in Anuboga Vaidya Navaneetham Part .I besides the methods in this Volume.

Dosage,Adjuvants and Curable diseases: All are same as said before.

Adjuvants may be increased according to the situation, if required.

Purification of Gold

Before entering into the process of making *parpam* or *chendooram* using gold, the gold should be purified well.

The gold should be pure enough subjected to *puda,* since it is a mixture of silver and copper.

Beat the gold into a thick sheet and heat well in the charcoal fire and then soak into the gingelly oil. After cooling well, repeat the process for 7 times, replacing the oil afresh every time.

In the same way it should be processed in *Kaadi,* cow's urine, horse gram decoction and soured butter milk seven times in each liquid.

The gold is purified by these processes.

Another method

Group – A

Ant hill sand – *(karayan Putru mann)*	equal quantity
Bricks powder	
House soot *(Ottadai)*	
Red earth *(Kaavi mann)*	

Group – B

Kaadi Lemon juice	equal quantity

Method of Preparation

Mix the group 'A' items and ground for 3 hours adding khadi and lemon juice in equal quantity. Apply this paste on both sides of the gold sheet and heat with charcoal into red hot stage.

On cooling well, remove the dusts and clean the sheet. Now the gold is purified well. If not satisfied, repeat the process once again.

Another method

Ingredients:

An impure sodium chloride *(Indhuppu)* Ashes of forest manure *(Katteru)* Ant hill sand *(Karayan Putru mann)* Brick powder Red earth *(Kaavi mann)* Deposit of smoke *(Pugai ooral)*	equal quantity

Method of Purification

Put all these in a mortar and ground them adding the lemon juice little by little for 3 days. Apply the paste over the gold sheet and heat in the charcoal fire.

Thus the gold is purified.

201. THANGA PARPAM

Ingredients

1.	Purified gold (make it into circular sheet)	11.4 gm.
2.	Purified mercury	11.4 gm.
3.	Purified Myrobalan gunduc	11.4 gm.

Method of Preparation

Grind the items 2 & 3 in a mortar adding the wild silk cotton leaf juice *(Kachinaari)* little by little for 12 hours. Apply the paste over the sheet and dry it.

Make the fine paste of the bark of wild silk cotton tree *(Kachinaari)* and make two small hollows with it. Place the gold sheet in one hollow and cover it with the other and close it well.

Then make two hollow cups with mud and place the above *Kavasam* and close and seal with 7 layers of mud seal and dry it.

Dig a pit of 3 feet square and fill half of it with dried cow dung found dry on pasture lands and place the *kavasam* in the centre and fill up fully with the above cow dung cakes and put into puda process.

The fire will extent for 3 to 4 days. Allow it to cool for another 4 days and open the *kavasam* carefully.

Repeat the puda process with mercury and sulphur as already described.

After three such *puda* process, there will be a *fine parpam* of gold. Keep it safe in a marble bottle *(Palingu kuppi)*

Note

Kachinaai – *Kachinal*. It resembles wild silk cotton tree – Bombax malabaricum – *(Mull Elava Maram)*.

Dosage

1 – 2 grain weight

Adjuvants and Curable diseases

1. If it is taken with 4.4 gm of honey it increases appetite. It strengthens the heat, brain and stomach; increases memory power; it gives facial attraction and physical beauty; it improves spermatogenesis.

2. Ginger juice (skin removed) 5.25 gm.

   Honey 5.25 gm.

   Mix the two and take the *parpam* in the proper dosage for curing rheumatic diseases, constipation, stomach pain etc.

   Neuralgia and fits will get cured.

3. Betel juice 5.25 gm.

   Honey 5.25 gm.

   Mix the above and take the *parpam* in proper dosage for curing bronchitis, wheezing, cough and phlegm.

   Deafness and dullness *(Mantham)* will be controlled.

   Kapha and *Vatha* related fevers and diseases will also be cured.

4. Juice of Asparagus racemosus
   Thanneer vittan kizhangu 11.4 gm

   Honey 11.4 gm.

   Mix the both and take the *parpam* in proper dosage which will cure all types of Venereal diseases *(Piramegha)*, gonorrhoea, spermatorrhoea etc.

This will improve spermatogenesis, strong physique and body strength and vitality.

5. Powder of Wrightia tinctoria (Vetpalai arisi) 2.6 gm.
   Honey 11.4 gm.

If the above two are mixed and taken together with the *parpam* in proper dosage Lienteric diarrhoea (sangirahani), dysentery etc. will be cured.

6. Nut meg powder – Myristica fragrans – *(Sathikkai)* 520 mg.
   Saffron flower *(Kungumapoo)* 520 mg.
   Bamboo salt *(Moongil Uppu thool)* 520 mg.
   Musk – Moschus *(Kastoori)* 520 mg.
   Honey 22.75 gm.

Grind the above items and take it as semi solid form and ketp it safe.

If 1.75 gm weight of this semi solid form is taken together with the *parpam* in proper dosage followed by boiled cow's milk mixed with sugar candy powder 162.50 ml to 325 ml general debility, anorexia, laziness, tiredness, exhaustion of the limbs though weakness will be relieved off. Instead, body strength, briskness, encouragement, firmness and vitality will be improved.

202. THANGA PARPAM

(Alternate method)

Ingredients

Purified gold 7 gm.

Method of Preparation

Melt the gold placing 0.44 gm of black lead *(Karuvangam)* at its face and soak not in cold water and put to dry. Then file it

into minute particles and grind for 24 hours (not continuously) adding lemon juice (little by little).

Make the gold into one single disc and dry it in the day light. Take equal amount of myrobalan gunduc and powder it. Put the powder into a small mud pan and spread into it. Put the gold disc, straight and fill with the remaining gunduc powder till the disc hides and close with the mud pan cover.

Then put into *puda* process with 7 layers of mud cloth and dry it in sun heat. *Puda* should be done using 3500 gm cowdung cakes.

After cooling well, grind it in a mortar using the lemon juice adding little by little for 24 hours. Then made into small cakes and dry it.

Repeat the puda process using same quantity of gunduc powder (equal to that of the disc*(villai)*

If seven such *pudas* are done, the *parpam* will be of superior quality.

Note: This parpam will yield to all tests. One can experience its properties while using it.

Dosage: 1- 2 grain weight. Twice a day

Adjuvants and Curable diseases

1. Dried ginger (skin removed) (powdered and sieved in a cloth) is soaked in soured curd for a full night and dried in the day light next day.

   Repeat the process for the second day also.

   Thus, the powder of dried ginger is soaked for 7 days after which it is called as *Thauyir Chundi powder.*

Thayir Chundi powder	260 mg.
Indian atees powder – Aconitum hetrophyllum *(Adhividaya thool)*	260 mg.
Honey	4.4 gm.

These three are mixed and taken along with the above parpam for curing diarrhoea, dysentery, loose motion etc.

2. Dried Lippia nodiflora powder

(Poduthalaikkai thool)	4.4 gm
Gum of bombax malabaricum *(Mul Ilavam pisin)*	4.4 gm
Honey	10.5 gm

Both are mixed and taken along with the parpam for curing all types of diarrhoea *(Sankirakani diseases).*

3. Juice of Toombay flower – Leucas indica –

(Thumbai poocharu)	10.5 gm
Honey	10.5 gm

Both are mixed and heated to lukewarm level and taken along with *parpam* for curing shivering fever etc.

4. Juice of eclipta prostrate –*(Kaiyanthakarai charu)*

Cow's milk	each 8.75 gm.
Honey	

These three are mixed and taken with the *parpam* in proper dosage for a hale, healthy and happy physique and stamina. There will be disease free life.

Wrinkling, greying etc., will disappear. Anorexia, palsy, tiredness, fatigue, etc will be cured, and brightness of the face, beauty of the body, keen intelligence, high intellect, memory power, firmness, encouragement, briskness, mental power,

strength & vitality, body strength, willpower, improvement of spermatogenesis and haematogenesis, will be gained.

5.	Juice of Sesamum flower	10.5 gms.
	Honey	10.5 gms.

Mix the both and take the *parpam* in proper dosage for curing piles related *vatha.*

6.	An impure sodium chloride *(Indhuppu thool)*	each 260 mg
	Long pepper powder (small variety) *(Aristhippili powder)*	
	Lead work bark juice – Plumbago genue *(Kodiveli ver pattai th*ool)	
	Skin removed dried ginger powder	
	Cow's butter milk	80 ml

Mix the above powders in the butter milk and take the *parpam* in proper dose for curing all types of piles.

7.	Embilica ribes powder *(Vaivilankam thool)*	0.88 gm.
	Honey	10.5 gm

Mix the both and take the *parpam* in proper dose for curing worm infestation.

8.	Asphaltum powder or parpam *(Silasathu parpam thool)*	520 mg.
	Cardamon powder *(Elarisi thool)*	260 mg.
	Honey	14 gm.

Mix these and take the *parpam* in proper dose for curing urinary tract infections like absolute suppression of urine, dysuria, anuresis.

9.	Juice of Radish root	4.4 gm.
	China sugar candy	17.5 gm

Mix these and take the *parpam* in proper dose for curing dropsy, jaundice attended with swelling and anaemia etc.

Note

If this *parpam* is administered with proper *ilagams*, certain diseases will be cured.

Therefore, the physicians will use their presence of mind depending upon the severity of the disease, condition of the patient and get name and fame in the medical field.

203. THANGA PARPAM

(Another method)

Ingredients:

Purified Red orpiment (Manosilai)	10.5 gm.
Lead *Chendooram*	10.5 gm

Method of Preparation

Mix the both and triturate in a mortar into a fine powder. Then put the powder in a ceramic vessel and add Latex of mudar (white) or country mudar, the first if preferable. Add the plant milk over and above the level of the ingredients. Put the vessel in the day light and stir up with a bamboo stick or tusk. After it is dried well again triturate it in a mortar add the plant milk again and got it dried in the day light.

Repeat the process for 7 times. On the 8th time put them in a new mud pan adding more plant milk and heat it with moderate fire. After the milk is dried up completely take it out and grind into a fine powder and keep it safe for use. This is called *Silai Vanga Yogam.*

Take three parts of the above powder and one part of the gold for melting. Put the gold in a crucible and melt it adding the powder little by little. Care must be taken to add the powder, after the powder added previously is completely melted with the gold and the smokes are faded out. Now that the gold will turn into gold *parpam.*

Dosage: 1 – 2 grain weight

Adjuvants and Curable diseases

1. Juice of Toombay flower *(Thumbai poo charu)* 10.5 gms.
   Juice of Evolvulus alsinoides *(Vishnu granti)* 10.5 gms.

If the above *parpam* is taken in proper dose, along with these juice mixture, quartan fever, hip pain dropsy etc., will be cured.

2. Take 2 grain weight *parpam* along with 21 gm. weight honey followed by drinking the juice of Indian globe thistle – Sphoeranthus indicus- *(Kottai karandhai)*

Diseases cured

Scrofula *(Kandamalai)* fistula, chronic ulcers etc.

3. Leaves juice of Sunflower 4.4 gm
   Honey 7 gm

Take the above *parpam* along with this mixture in proper dosage for curing hemicrania *(Otrai thalaivali)* and headache due to sunrays.

4. Creeper juice of skin removed
   Tinospora cordifolia 10.5 gm.
   (Seenthil kodi charu)
   Honey 10.5 gm.

If the above *parpam* is taken along with the adjuvant, bonefever, chronic fever etc., will be cured. Body strength will improve. Anorexia, lethargy etc., will be relieved. Body gets reactivation.

5. Processed gum gugul – Balsamodendron mukul – *(maichatchi)*
   or
   Indian dammer – Shorea robusta – *(Kukkil)* 0.875 gms.
   Cow's ghee 10.5 gms.

Mix the both and take the *parpam* in proper dose for curing paralysis and other 80 kinds of *vatha* diseases.

Processing of *Maichatchi*

Dhasa moolas (10 plant roots) are taken: Aegle marmelos *(Vilvam),* Gmelina arborea *(Perun kumizh),* Tribulus terristris *(Yanai nerunjil),* Premna latifolia *(Munnai),* Small species of jasmine *(siru malligai),* Large species of jasmine *(pereu malligai),* little brinjal *(siru vazhuthunai).* Solanum xanthocarpum *(Kandhag kathiri),* Trumpet flower *(pathiri)* and Mimosa sirissa *(peru vagai)* 52.5 gm in each root is taken and cut into pieces. Adding 500 ml (3 *Aazhakku*) water and boiled by reducing into half of its quantity (250 ml). Taken in the lukewarm level it is filtered and boiled again adding 35 gm of *maisatchi.*

After the ***Mchatchi*** is dissolved in the decoction, it is taken out of the oven. The upper level water is filtered out and boiled again to get the stage of semi liquid *(kuzhambu).* Then they are made into pills. This is the proper method of processing ***Maichatchi.***

Dosage: 7 gm per dose along with the *parpam.*

Diseases cured: All disorders related to Vayu.

Purified Scoria of Iron *(Kitta thool)*	
Skin removed dry ginger powder	
Pepper powder	260 mg.
Powder of small variety Long Pepper *(Arisi thippili thool)*	
Honey	10.5 gm.

Mix the above together with 130 mg. weight of the above *parpam*. Then drink the butter milk about 150 ml to 200 ml.

Dosage: Twice a day as said above.

Diseases Cured

Piles, jaundice, anorexia, indigestion, chronic diarrhoea, rheumatic disorder of the limbs.

204. THANGA PARPAM

Ingredients

Purified gold filings	1.75 gm
Purified egg shell *(Andavodu)*	3.5 gm
Milky juice of Daemia extensa *(Uthamani pal)*	3.5 gm

Method of Preparation

Grind the first two in a mortar for an hour. Then add the plant juice and mix well. Then put it in a crucible and seal it with five layers of mud and allow it to dry.

Take a big widened mud vessel and pan and 3 to 4 kg, of paddy husk and place the above crucible set up and heat it.

After cooling well, the gold filings would be in a form of fine *parpam* with the grace of Siddhars.

Dosage: 130 to 260 mg.

Diseases cured

If administered with proper adjuvants, bronchitis, tuberculosis, gastritis, cough etc., will be cured. It improves libido, spermatogenesis, body strength and physique.

Diet Regimen

Suitable regimen may be prescribed according to the disease.

205. THANGA PARPAM

(Another method)

Ingredients

Purified gold filings	3.5 gm
Valai rasam	3.5 gm
Juice of glinus lotoides *(Siru ceruppadai charu)*	q.s

Note:

Valai rasam:- (The process of getting pure mercury cinnabar, iron dust and stone lime).

Method of Preparation

Put the mercury and gold filings in a ceramic tumbler. After 24 hours the mercury and the gold filings would have mixed together. Put them in a mortar and grind them for 6 hours adding the plant juice little by little and then make them into small cakes.

After drying well, put them in a mud pan and close it with 5 layered mud seal and put into *varatti puda* using 20 cowdung cakes of 20 times of the weight of the *kavasam* (Container).

There will be a fine *parpam* if taken after cooling well.

Dosage: ½ to 1 grain weight.

Diseases Cured

If administered with proper adjuvants, the diseases like diabetes, cough and venereal diseases will be cured. The spermatogenesis and body strength will improve.

206. THANGA PARPAM

(Anther method)

Ingredients

Purified gold filings	3.5 gm.
Juice of Indian sorrel – Oxalis carriculata *(Puliyarai)*	q.s

Method of Preparation

Grind the gold filing in a mortar for 6 hours adding the plant juice little by little. Make the paste into small cakes and dry it. After drying put them in a mud pan and close it with mud seal and again dry it. Then put into *puda* process using cowdung cakes of 20 times of weight of *kavasam*. After cooling well again grind it adding the plant juice and repeat the *puda* process. Further repeat the process for third time also and there will be a fine *parpam* with God's grace. The parpam will be light red in colour. As it is more whitish than red, it is included in *parpa* category.

Dosage:

½ to 1 grain weight.

Diseases Cured

If administered with proper adjuvants, the diseases like diabetes, cough and venereal diseases will be cured. The spermatogenesis and body strength will improve.

207. THANGA CHENDOORAM

Ingredients

Purified gold filings	10.5 gm
Leaves juice of ring wong plant - Cassia tora *(Thagarai ilai charu)*	each 80 ml
Leaves juice of Indian gall nut - Terminalia chebula *(Kadukkai)*	
Leaves juice of Indian spikenard - Spinacea olerscea *(Pasalai ilai charu)*	
Leaves juice of Large climbing nettle - Tragia involucrata *(yanai kanjori)*	

Method of Preparation

Grind the gold filings adding ring worm plant leaf juice little by little in a mortar. It is not necessary that the grinding should be done continuously. Not that the whole juice is required in one time. So the grinding may be done at one's convenience. And whenever the juice is available, it may be added little by little. Anyway, the required quantity of juice should be added in grinding as and when possible. After the required quantity of juice has been added, small cakes should be made and dried.

Then the cakes are put in a mud pan and covered with 5 layers of mud seal and dried. Then the set up is put into *puda* process using cowdung cakes 10 times of the total weight of the *kavasam.*

Thus prepared *chendooram* is put into a mortar and grinded adding the leaf juice of Indian gall nut little by little and put into *puda* process. The chendooram prepared by this *puda* is taken and the entire process is repeated again using leaf juice of large climbing nettle and put into *puda.*

Thus prepared chendooram is futher subjected to *puda* process using Leave juice of Indian spikenard this time. The final *chendooram* obtained will be of fine quality. If it is otherwise, mix all the four kind of plant juices together grind for 6 hours and repeat the puda process to get a fine *chendooram.*

In preparing this *chendooram* it is somewhat difficult to check the quantity of fire used.(We have no suitable equipments to measure the heat as used in Modern System of Medicine).

Dosage: 65 mg to 130 mg.

Adjuvants and the diseases cured

1. If the above *chendooram* is taken with 3.5 gm of cows butter, all kinds of vayus like lock jaw *(Thanur vayu)*, Amennorrhoea *(soodaga vayu),* Opthalmia *(Nethira vayu),* Unconciousness *(Moorchai vayu),* Angina pectoris *(Ruthira vayu),* Complicated diseases *(Thontha vayu)* and Torticollis *(Vikanda vayu)* will be cured.

2. If the above chendooram is taken with 3.5 gm of country sugar the Phlegmatic diseases like syphilis *(Kiranthi).* pneumonia *(Nurai eral azharchi),* tremulousness *(Nadukkam),* Constipation *(Mala bandham)* will be cured.

3. If the above *chendooram* is taken with hot water 10.5 gm and honey 5.25 gm the flatulence of *Vatha, Pitha* and *Kapha* will be cured.

4. If the above *chendooram* is taken with juice of Caltrops 3.5 gm stomach pain due to *Vatha, Pitha* and *Kapha* will be cured.

5. If the above *chendooram* is consumed together with 10.5 gm of cooled water and 5.25 gm of honey the diseases like Tuberculosis, vomiting with flatulence, disorder of internal organs due to indigestion to the children *(Ulmantham)* etc., will be cured.

6. If the above *chendooram* is taken together with 5 ml of pepper soup, the Kaasam caused due to excessive *vatha, pitha* and *kapha* will be cured.

7. If the *chendooram* is administered in proper dosage with 5 ml of cows butter milk, the piles due to vatha, pitha and kapha will be cured.

8. If the above *chendooram* is taken and mixed with 3.5 gm juice of Indian aloes – Aloe vera – *(Sotru katralai),* The dropsy, ascites associated with the three humours will be cured.

9. If the above *chendooram* is taken with 5 ml of cow's milk all types of hiccough associated with three humours will be cured.

10. If the above *chendooram* is taken with 5 ml decoction of boiled and dried Arecanut, Traumatic delirium *(Rana sanni)*, fever due to ulcer, etc will be cured.

11. If the above *chendooram* is taken with 3.5 gm of honey, all kinds of tremors like tremulousness due to cold, *(Seetha sura nadukkam)* high fever and sweating like ague, typhoid *(Nadukku suram)* A nervous disease like chorea *(Nadukku vatham)* etc., will be cured.

Note: For further details kindly refer the title *Thanga Chendooram* in 2nd part of our Text *Raja Vaithiya Magudam.*

208. THANGA CHENDOORAM

(Alternate method)

Ingredients

Purified gold filings Purified Mercury Purified Myrobalan gundac Purified different kind of Zinc *(Cirukan Nagam)*	3.5 gm
Black betel leaves juice Leaf juice of Daemia extensa *(Uthamani ilai charu)*	q.s

Purification of Nagam (Zinc)

Melt the *Nagam* and soak in the lime water. After cooling again melt it and soak again in lime water. Repeat the process for 7 times.

Method of Preparation

Grind the purified *Nagam* and *Rasam* till they mix well. Put all the ingredients in a mortar and crush well. Then grind them for 9 hours adding the betel juice little by little and make in the form of a single cake (circular cake) and keep it to dry in the Sun heat. After drying well, put it in a mud pan and cover it with another pan and seal it with three layers of mudseal and put into *puda* process using 175 gm of cowdung cakes.

After cooling put it in the mortar and grind for 9 hours adding the betel leaf juice little by little and make into a single

cake and dry it in day light. Repeat the *puda* process using 175 gm of cowdung cakes. Repeat the process for third time also.

Then grind with adding Leaf juice of Daemia extensa little by little for 9 hours. Repeat the *Kavasa* and puda process using 175 gm of cow dung cakes. Repeat the process using Leaf juice of Daemia extensa and two more *pudas*. Now the *chendooram* would be reddish. If not so, repeat again the process using Leaf juice of Daemia extensa.

For every *puda,* the dung should be weighed and if there is any weight loss it should be compensated then and there.

Dosage: 130 – 260 mg.

Adjuvants and diseases Curable

1. Take fried and pulverised powder of strong bezoar orientale *(Korosanai)* - 520 gm and Honey- 3.5 gm. Mix the both.

If the *Chendooram* is taken in proper dosage with the above adjuvants, wheezing cough will be cured in two or three doses. If chronic, it will be cured in 6 doses. Breathing trouble, wheezing, asthma may also be cured by this *chendooram* very quickly.

2. Skin removed Dried Ginger powder 1040 gm.

   Honey 7 gm.

If the *Chendooram* is given with the above adjuvants well mixed, *vayu* releated diseases like flatulency caused in the body by veneral heat *(Mega vayu),* rheumatoial arthritis will be cured.

3. Long leaved Barleria Powder

   Barleria longifolia *(Seemai Neermulli thool)* 3.5 gm.

   Ground palm powder – Curculigo orchoides 3.5 gm
   (Nilapanai kizhangu thool)

Honey 10.5 gm.

If the above *Chendooram* is taken with followed by boiled milk added with sugar candy 80 ml to 160 ml for six days, sexual disorder will be cured, improving the general health, good physique and spermatogenesis.

Diet

Simple diet restriction should be observed according to the condition of the diseases and the body.

209. THANGA CHENDOORAM

(Alternate method)

Ingredients

Purified gold filings	10.5 gm
Creeper plant juice – Mimosa rubicaulis *(Uppilankodi charu)*	q.s.

Method of Preparation

Put the gold filings in a mortar and grind well adding the plant juice little by little for 6 hours and then dry it. Then put it in a mud pan and close it with three layers of mud seal and put into *puda* process using 175 gm of cowdungs cakes. After cooling take the material and repeat the grinding and *puda* process using 265 gm cowdung cakes. Thus repeat the grinding and *puda* process for 7 times increasing the quantity of cowdung cakes 87 gm for each *puda*.

Atlast after completion of *pudas* the *chendooram* will be reddish like *Kungumam*.

Dosage, Adjuvants and the diseases cured

Mix the *chendooram* of 130 mg with 1400 gm cow's ghee and keep it safe. If the ghee is taken 70 – 105 gm per dose

daily, sexual disorders like impotency, loss of semen etc., will be cured. The body strength will be increased. If the ghee is taken regularly, no disease will approach the body. Good health will be maintained, since it is one among the ***Kaya karpa*** process.

210. THANGA CHENDOORAM

(Alternate method)

Ingredients

Cinnabar *(Lingam)*	17.5 gm
Alum	262.5 gm
Purified gold filings	10.5 gm
Lime juice	q.s

Method of Preparation

The required Cinnabar should be in the shape of a single cake. Pulverise the alum and divide into three parts. Take one part and put half of it into a mud pan and place the Cinnabar over it and pour the other half of the alum powder over it. Then put the pan in an oven and heat moderately. After the alum is melted completely, allow it to cool. After cooling take out the Cinnabar and remove the dusts over it using a knife. Repeat the heating process using the other two parts of the alum powder individuvally (twice). Then take out the processed Cinnabar of 10.5 gm and put it in a mortar together with the gold filings and grind for 12 hours adding the lime juice little by little. Make the paste into small cakes and put to dry. Put the dried cakes in a mud pan and cover it with 5 layers of mud seal and put into *gaja puda* After cooling the gold will be in the form of a fine *chendooram.*

Dosage: 260 – 360 mg.

Diseases cured

If the chendooram is taken with ghee or honey followed by drinking of 80 – 160 ml boiled milk with sugar candy, the sexual disorders Azoospermi spermatorrhoea etc., will be cured. It improves spermatogenesis, libido, body strength and good physique. It induces copulation and increases duration.

Diet restriction

Avoid tamarind and smoking.

211. THANGA CHENDOORAM

(Alternate method)

Ingredients

Purified gold filings	3.5 gm
Purified mercury	0.875 gm
Purified Sulpher	0.44 gm
Root bark juice of Drumstick tree Oringa oleifera	q.s
Leaf juice of Solanum nigrum *(Manathakkali)*	

Method of Preparation

Put all the items in a mortar and pulverise them. Then grind them using 3 drops of Root bark juice of Drumstick tree and 2 drops of Leaf juice of Solanum nigrum. Grind for 12 hours adding above juices in drops as mentioned above. Then make the paste into small cakes and put to dry. Then put them in a mud pan and cover it with 5 layers of mud seal. Then allow the set up to dry and put into puda process using cowdung cakes of 20 times of the weight of the *Kavasa*. After cooling, take the material out and put in a mortar and grind well adding 0.875 gm

of mercury and 0.44 gm of sulphur. Grind as before and repeat the *puda* process.

After two or three puda the gold will be in the form of a fine *chendooram* in the colour of a rose flower. If proper fire is used, the *chendooram* will be obtained in a single *puda.* Therefore reaquired quantity of fire should be used.

Dosage: 130 – 260 ml.

Diseases cured

If the *chendooram* is taken in the above dosage along with ghee or honey followed by drinking of boiled milk 40 – 160 ml according to one's digestion power adding with sugar candy. Sexual disorder, loss of semen, loss of strength will be cured. It will improve spermatogenesis, libido, strength and vitality.

Diet restriction

Avoid tamarind, smoking and sexual contract.

212. SORNALOGA CHENDOORAM

Ingredients:

Purified Iron filings	35 gm
Purified Gold filings	3.5 gm
Purified Myrobalan Ganduc Aloe's juice – Aloe vera- *(Katrazhai charu)*	q.s

Method of Preparation

Mix and grind Iron and Gold well for 5 minutes. After they mix well, add above said Ganduc 0.875 gm and grind well adding and Juice of Aloe's little by little for 3 hours.

Then make the paste into cakes and put to dry. Put them in a mud pan and cover it with a 5 layers of mud seal and put to dry. Then put into *puda* process using cowdung cakes 4 times of the weight of the *kavasam*. After cooling put it in the mortar add 0.875 gm ganduc. Then grind it adding the Aloe's juice little by little for 3 hours. As done before make the paste into cakes and put into *puta* process. Repeat the process for the third time also.

Again take the materials out and put in a mortar, grind it adding 17.5 gm ganduc and the plant juice little by little and repeat the *puda* process as done before. Repeat for 5 times adding 17.5 gm ganduc and put into puda process for the sixth time and repeat the process taking ganduc equal to the weight of the filing.

Repeat the puda process, there will be fine *chendooram* atlast.

Dosage: 260 – 520 mg.

Diseases curable

If administered with proper adjuvants chronic diarrhoea, haemorrhoids, diarrhoea with blood etc., will be cured. It improves blood, body strength and vitality.

Dietary restriction

Light and easily digestible diet should be taken according to the disease. Hard foods and hot foodstuffs should be avoided.

Purification of iron

Take 70 gm of Iron filings and gingelly oil 70 ml and fry in a mud pan in low heat. When the oil is dried up completely, add another 70 ml. oil and fry well. Repeat the process for 7 times and wash with pure water.

Fry it 7 times in Three Myrobalans decoction *(Muppalai kudineer)* and another 7 times in bark juice of Jambu tree. *(Nagapattai kudineer)* and 7 times in Aloe's juice (fry seven times in each liquid and wash with pure water). Put to dry and take the iron filings to the above weight.

Muppalai Kudineer

Peel of Indian gall nut	each 175 gm.
Peel of Terminalia chebula	
Dried flesh of the Myrobalan	

Prepare decoction of the above adding water 4 litre and by reducing to ½ litre. Take in the lukewarm stage and filter it for use.

Nagapattai kudineer

Take bark of Jambu tree 525 gm and crush it and boil with water (4 litre). Prepare decoction by reducing it to ½ litre. Filter the decoction in lukewarm stage, and keep it for use.

213. THANGA KALANGU

Ingredients

Purified Gold filings	3.5 gm
Gold coloured beetle	3.5 gm
Cantherills shell powder *(Pon vandu Ootu thool)*	
A herb (The herb found in the dew season in sandy soil)	q.s

Method of Preparation

Put the first two items in a mortar and grind well adding the plant juice little by little for 12 hours and seal it with seven layers

of mud seal. Then put into *puda* process using 2600 gm of cowdung cakes. Repeat the process for 3 times.

After 5 such *pudas* the material will be in black powder form. This is called *Thanga Kalangu.*

Dosage: 1 to 2 grain weight

Diseases cured

If administered with proper adjuvants loss of semen, tiredness and general debility will be cured. It improves spermatogenesis, body strength and vitality.

Purification of *Pon Nimilai*

Bismuth *(Nimilai)* is classified into four types as Gold Bismuth, Silver Bismuth, Black Bismuth, Bronze Bismuth.

Purificiation process is common to all these four types of Bismuth.

1. Gold Bismuth
   Rock Salt — each 1 part

Mix and pulverise the both in an iron vessel. Add 20 times Vinegar water into the vessel and heat it in an oven with low heat. Stir often with an iron ladle. When the liquid dried up and the Bismuth changes into red colour as Cinnabar, take off from the oven and allow it to cool. By this, the Bismuth is purified. All types of Bismuth may be purified by this way.

2. Bismuth — 3 parts
   Rock Salt — 1 parts
   Lime juice
   or
   Bitter orange juice — 25 parts

Pulverise the first two items and put them in an iron vessel and add the fruit juice and heat with low fire, stirring well with an iron ladle. When the juice dries up completely, the Bismuth and the vessel turn into reddish as Cinnabar, take off the vessel from the oven and keep it safe after cooling.

.By this way, all types of bismuth may be purified.

214. PON NIMILAI PARPAM

Ingredients

Purified Bismuth	3.5 gm
Myrobalan Ganduc	8.75 gm
Castor oil	q.s

Method of Preparation

Put the first two items into a mortar and pulverise them. Then grind them for 6 hours adding the oil little by little. Then make the paste into cakes and put in a mud pan. Cover it with 7 layers of mudseal and put to dry. Put the *Kavasam* into Gaja puda process in a pit of 3 sq.ft using cowdung cakes and husk. Further put some cowdung cakes over it and fire it.

After well cooling, the parpam will be pale red in colour.

215. PON NIMILAI PARPAM

(Another method)

As done above, using gingelly oil instead of castor oil, grind well and put into *puda* process.

Dosage: 65 – 130 ml.

Adjuvants and curable diseases

1. If the above *parpam* is taken with 10.5 gm of honey, all types of gonorrhoea diseases will be cured.

2. If the *parpam* is taken in proper dosage with 10.5 gm of juice of Indian gooseberry the diseases like haemorrhage *(ratha pitham)*, haemorrhoids *(ratha moolam)* will be cured.

3. If the *parpam* is taken with 260 mg powder of fried small variety long pepper *(arisithippili)* and 10.5 gm of honey, fever and cough related with *kapha* will be cured.

4. If the above *parpam* is given with 260 mg of bark juice of Lead–wort, 10.5 gm of honey in proper dosage, dyspepsia will be cured and improve the strength.

5. If the above *parpam* is administered with root bark juice of drum stick tree 260 ml and honey 10.5 gm mixing well with proper dosage, scrofula *(Kandamalai)* will be cured.

6. If the above *parpam* is given with Peel powder of Indian gallnut Dried flesh of the Emblic myrobalan powder (each 130 mg) and honey 10.5 gm all the diseases of the head will be cured. Sinusitis will also be cured by this.

7. If the above *parpam* is taken with Peepul tree lac powder *(Arasamarathu kombarakku thoch)* 520 mg Country Asparagus racemosus powder *(Seemai thannervittan kizhangu)* 1.75 gm and honey 10.5 gm blood vomitting, (Hematemesis), haemoptysis *(ratha kasam)* and chronic fever will be cured.

Dietary Restriction

Suitable regimen may be observed according to the nature of the disease and the body condition.

216. PON NIMILAI PARPAM

Ingredients

Purified Bismuth	35 gm
Sulphur	35 gm
Goat's urine	325 ml

Method of Preparation

Pulverise the first two items and grind in a mortar adding the urine little by little. After the urine goes dry, make cakes and put to dry in the sunlight. Put the cakes in a small earthen pot and close with another.

Then put into *puda* process using 7 layers of mudseal as said in the previous preparation. After cooling well, the *parpam* will be light red in colour.

Dosage: 130 – 260 ml.

Adjuvants and the diseases cured

1. If the parpam is taken with the powder of White Leaf of Five leaved Chaste tree 520 mg, ghee 10.5 gm, honey 10.5 gm, in proper dosage, chest pai,, shooting pain, jelt on the sides, hip pain, articular rheumatism etc., will be cured.

2. If the *parpam* is taken with 2.6 gm of powder of Cumin seed soaked in lemon juice, 5.25 gm of ghee, and 5.25 gm of honey, all mixed together, tastelessness inspidity, anorexia *(anal mantham)* etc., will be cured and the digestive fire will be increased.

3. If the above *parpam* is taken with 0.875 gm of the powder of Bengal long pepper *(Kanda thippili)* 10.5 gm of honey the diseases of the throat like hoarseness, diseases caused

due to spasmodic suffocative attacks, irritation of throat, phlegm will be cured.

4. If the *parpam* is taken with the compound of salt prepared out of the ashes of the Indian burr *(Nayuruvi uppu)* or Raddish salt *(Mullangi uppu)* 260 mg Seeds of Cucumis melon or Cucumis sativus 2.62 gm and Rock salt 1.75 gm the urinary diseases like urinary calculus, stranguary, absolute suppression of urine will be cured.

5. If the *parpam* is taken with compound of 5.25 gm of Goayam powder *(Boomi chakari kizhangu thool)* 5.25 gm of Seed powder of Cowitch plant *(Poonaikali vithai thool)* 10.5 gm of honey and 3.5 gm of sugar candy powder, STD diseases will be cured. spermatogenesis will be improved.

6. If the above *parpam* is taken with the compound of purified Gumgukul powder (Mysatchi) 0.875gm, skin removed dried ginger powder 0.875gm and cow's ghee 3.5 gm, the rheumatic diseases like hip pain. A nervous disease like chorea (*Nadukku vatham)* rheumatoial arthritis will be cured.

7. If the above *parpam* is taken with the compound of ginger juice 5.25 gm fried Asafoetida powder, 130 mg and honey 5.25 gm the diseases related to *vayu* and shooting pain will be cured.

Dietary restriction

Suitable dietary restriction may be followed according to the condition of the diseases and the patient.

217. PON NIMILAI PARPAM

Another method

Method of preparation is as one for the previous preparation except the goat's urine. Drinking water should be used instead of goat's urine.

The dosage, adjuvants and the regimen are as applicable to the previous one.

218. PON NIMILAI CHENDOORAM

Ingredients

Purified Bismuth	35 gm
Juice of Aerial root of bandanus *(Thazhai vizhuthu charu)*	q.s
Dried root bark powder of Peepul tree	105 gm

Method of Preparation

Put the Bismuth in a mortar and pulverise it adding the juice little by little for 6 hours. Make a single cake of the paste and put to dry. Fill the piece of a cowdung cake with half of the above peepul tree root bark powder and put the cake over it and pour the remaining half of the bark powder.

Then put into puda process using 700 gm of cowdung cakes. After cooling well, there will be a fine *chendooram.* If the *chendooram* is in melted form instead of *chendooram*, add camphor quarter of the weight of the Bismuth and grind for 15 hours adding the juice of Eclipta alba little by little and make a cake of it and put to dry.

Then cover with 5 layers of mud seal and dried well. Then put into puda using cowdung cakes 6 times of the weight of the *kavasam.* After cooling there will be a fine *chendooram.* If the

chendooram is not obtained in proper form due to improper fire, then repeat the grinding and puda process except adding camphor.

Dosage: 260 – 390 mg

Diseases cured

If administered with proper adjuvants, the diseases like diarrhoea, dysenteric diarrhoea, six kinds of inflammation 1. dysuria 2. inflammation of the anus 3. gripping pain in the stomach 4. rheumatic pain 5. tooth ache and 6. opthalmia will be cured.

Dietary regimen: Suitable dietary restriction may be followed.

219. PON NIMILAI CHENDOORAM

(Another method)

Ingredients

Purified Bismuth	35 gm
Purified Sulphur	8.75 gm
Yellow aged leaf juice of Portia tree	q.s.
Paste of Yellow aged leaf of Portia tree	q.s.

Method of Preparation

Pulverise the first two items and grind for 12 hours adding the juice little by little. Make a cake of the compound and put to dry. After drying insert the dried cake into the leaf paste and make it into a ball shape. Then seal with 8 layers of mud seal and put into *puda* process using cowdung cakes 4 times of the weight of the *kavasam*. Then there will be a fine *chendooram*. If due to improper fire the *chendooram* is not formed well, repeat the *puda* process adding sulphur.

Dosage: 260 – 390 mg

Adjuvants: Honey, ghee and some other *ilagams.*

Diseases cured

Loss of semen and vitality etc. will be cured. Body strength, vigor and vitality will be improved.

Dietary restriction

The above *chendooram* should be taken followed by drinking of 40-160 ml. boiled milk added with sugar candy, Wheat liquid essence, Wheat Halwa, Almond Halwa and sweets. A liquid preparation of sago boiled with milk and sugar *(Pal paayasam)* may also be consumed according to one's digestive power.

Note

To prepare this *chendooram* some expertise is required. The difficult in preparing this *chendooram* is the handling of fire required. After one or two practices it will be easier.

220. PON NIMILAI CHENDOORAM

(Another method)

Ingredients

Purified Bismuth	35 gm
Paste of Yellow aged leaf of Portai tree	350 gm

Method of Preparation

Put the solid Bismuth into the above paste and put into *puda* process with three layers of mud seal and using cowdung cakes 20 times of the weight of the *kavasam*. After cooling, there will be a fine *chendooram* in solid shape.

Take it out and pulverise it in a mortar and keep it for use. If there is shining in the *chendooram,* repeat the grinding process for 3 hours and seal it with 3 layers of mudseal and put into *puda* process using cowdung cakes seven times of the weight of the *kavasam* . The *chendooram*, so obtained either in red or black in colour. But any of these colours may be used as there is no adverse action in therapeutic use.

Dosage: 260 – 390 ml

Adjuvants and Diseases cured

1. Take skin removed and powdered dried ginger 1300 mg and honey 5.25 gm. If the *chendooram* is taken in proper dosage with the above adjuvant mixture, the diseases related to *Vayu* will be cured.

2. If the *chendooram* is taken with the compound made of Goa yam powder and powder of country long leaved barleria 1300 mg each, honey 5.25 gm, followed by drinking of 80 – 160 ml. boiled milk with sugar candy, the diseases like loss of semen and vitality will be cured. It improves vigor, strength and vitality.

3. If the above *chendooram* is taken with the compound of 1040 ml of powder of tail pepper, cow's ghee 3.5 gm, gonorrhoea, ardor urinae, dysuria etc. will be relieved.

4. If the above *chendooram* is taken with the compound of skin dried ginger powder, pepper powder, a small variety of long pepper *(Arisi thippili),* Honey or cow' ghee 3.5 gm the diseases of Poisonous diseases *(Nanju veeru)*, three humours, throat diseases *(Kanda noi)* itching etc. will be cured.

Proper dosage with the compound of Peel powder of yellow variety of Chebulic myrobalan	each 910 gm.

Peel powder of Beleric myrobalan	each 910 gm
Dried flesh of the Myrobalan	
Honey	5.25 gm.

The diseases like piles, dropsy, eye diseases, throat diseases etc. will be cured. It improves spermatogenesis and libido and sexual urge.

Dietary restrictions

Sexual contact should be avoided.

Note

Bismuth is used instead of gold. Bismuth has certain qualities of gold according to some texts. But, it is important that the quality of the material should be ascertained before buying. As it costs very high, some duplicate metals are available in the market.

Main purity test

If when rubbed in the Touch stone (*Uraikal)* it reflects like gold of 5 carrot with heavy mass and thickness it resembles the gold. If otherwise, the material will be false and worst.

If the essence of Bismuth is used as *parpam* or *chendooram* with proper adjuvants, the benefits are significant.

221. PON NIMILAI CHATHU

Ingredients

Bismuth	35 gm
Indian liquorice seeds	
Abrus precatrius (*Kundrimani Paruppu)*	7 gm
Borax	7 gm

Honey	10.5 gm
Gingelly Oil	10.5 gm

Method of Preparation

Mix the two liquids and kept it aside. Put all other drugs in a mortar and pulverise them adding the liquid mixture little by little.

After completely adding mixture then take it and put in a crucible. Apply strong layers mudseal over it and keep in a blacksmith's furnace *(Kollulai)* and below with two way bellow *(erattai thuruthi)* or country bellow *(Ceemai thuruthi).*

After blowing well so that crucible is melted out, then take out and allow to cool.

After cooling if it is broken, then there will be extract in black colour. This extract can be used as *parpam* or *chendooram* by proper processing method. This preparation gives better relief with best results.

Defects of unpurified Bismuth

If the Bismuth is not purified properly, or if its *parpam* or *Chendooram* is not prepared using proper method, then there will be reactions, causing of diseases like, dyspepsia, loss of strength, tremor in chest, eye diseases, leprosy, brain ulcer etc.,

Nature of White Bismuth

It resembles the brass with heavy mass and weight. If it is rubbed in touching stone, it will shine as silver.

Purification of White Bismuth

It should be purified following the method done for Bismuth.

222. VELLI NIMILAI PARPAM

It is to be obtained as Bismuth *parpam.*

The dosage, adjuvants and the diseases cured are same as Bismuth *parpam.*

223. VELLI NIMILAI CHENDOORAM

It is to be obtained following the methods done for Bismuth *Chendooram.*

The adjuvants and the diseases cured are also as applicable for Bismuth Chendooram.

Some special methods of preparation of *Velli nimilai parpam* are given below.

224. VELLI NIMILAI PARPAM

Take Silver Bismuth 140 gm covered with rope and broke into small pieces using a hammer. Otherwise Bismuth pieces may be scattered.

Put the pieces into mud vessel and heat it with low fire adding 1.300 litres of cow's milk. After the entire milk is boiled and dried, then take the vessel out of the oven and wash with cool water and keep it dried.

Take 1.300 litres large size Bermuda grassroot stalk *(Yanai arugan kizhangu)* and pound it well after removing the worm eaten, rottenness parts and roots etc. Also take required quantity of cow's milk.

Method of Preparation

In a wide mud pan spread the root powder and put the bismuth pieces on it. Put the powder over it. Place the pieces

in such a way that they do not touch each other and close it. Then seal without layers of mudseal and put into *kaja puda.* After cooling pulverise the pieces in a mortar and grind for 9 hours, adding the cow's milk little by little.

Then make a cake and dry it and put in a mud pan and cover it. Then seal it with lid mud seal and put into half *kaja puda.* After cooling well, there will be fine white *parpam.*

Dosage: 130 – 195 ml.

Diseases curable and Adjuvants

1. If administered with 3.5 gm of cow's butter, followed by drinking of boiled sugarcandy milk of 80-160ml according to one's digestive power. Sexual deficiency will be removed. Digestive fire will increase. Digestive power will be increased. It also improves spermatogenesis.

2. If the parpam is taken with the adjuvant mixture of leave juice of Mexican poppy (*Brahama thandilai charu)* 10.5 gm. and well prepared cow's ghee 10.5 gm. All the diseases related to *vatha, pitha and kapha* and cured. It also turns greying and ageing into youth stage.

3. If the parpam is taken with

Margosa bark powder	2.6 gm.
Ceylon leadwort bark powder	0.875 gm.
Honey	3.5 gm.

Leucoderma will be cured.

4. If the above parpam is taken with Emblica ribes powder *(Vaivilangan thool)* 520 ml.and honey 5.25 gm., helminthesis and the stomach ulcer infestations are cured.

5. Purified Powder of gum gugukul

(Mysatchi thool)	.875 gm.
Ceylon lead wort bark powder	0.875 gm.
Cow's ghee	10.5 gm.

Take and mix the above three and if the *parpam* is taken in proper dosage, the stomach diseases, inflammation, abdominal swelling will be cured.

6. Mix, the fried asafoetida powder 130. ml., rock salt 520 ml, ginger juice 5.25 gm. And if the *parpam* is taken in proper dosage, stomach disorders, inflammation, flatulence etc. will be cured.

7. Take spadix powder of the palmyra tree 520 mg., old palmyra jaggery 5.25 gm and milk the both and if the *parpam* is taken in proper dosage, chronic splencetasis will be cured.

8.	Gingelly Plant ash salt	260 ml
	Lemon juice	3.5 gm
	Honey	5.25 gm

Mix the above and if the *parpam* is taken with this in proper dosage stomach disorders, liver spleen abscesses, inflammation, flatulence etc. will be cured.

9. Take the powder of small variety of long pepper 780 mg. old palmyra jaggery 7 gm and mix the both and if the *parpam* is taken, chronic fever due to enlargement of liver will be cured.

Dietary regimen

According to the severeity of the diseases and the condition of the body.

SILASATHU - BITUMEN

Bitumen (*Silasathu*) is generally exuded from the rocks during the later part of the summer season. It is derived from the melting of minerals from the internal heat, such as gold, silver, ruby, iron etc.

Kinds of Silasathu

It is of two types 1.Gypsum smelling of Cow's urine (*Komoothira Silasathu*) 2. Camphor Bitumen (*Karpoora Silasathu*)

1. Purification of Camphor Bitumen

Pulverise the Camphor Bitumen in a mortar and grind for 3 hours adding the juice of Tuber of Lotus and make a cake of it and put to dry in sunlight. Thus the Camphor Bitumen is purified.

Note: *Similarly Komoothira Silasathu* may also be purified.

2. Purification of Camphor Bitumen (Another method)

Camphor Bitumen may be cut into pieces and boiled with milk (1:20 ratio). After the entire milk is dried, take out wash with water and put to dry and keep it safe for use.

Similarly *Komoothira Silasathu* may also be purified.

3. Purification of Bitumen (Another method):

Cut the bitumen into big pieces and put them into tender cocoanut water. They should be well immersed so that the level of Tender Cocoanut water should be 2" above the bitumen pieces. Soak them for 24 hours and replace the Tender Cocoanut water and soak again for 24 hours. Repeat the process for the third time also. Atlast filter and wash with water and put to dry. Then there will be purified bitumen.

225. SILASATHU PAAVANAI

Ingredients

Bitumen (*Silasasthu*)	35gm.
Grapes	each 35 gm.
Liquorice powder	
Sandalwood powder	
Tender Cocoanut water	1300ml

Method of Preparation

Keep the Bitumen in a piece of cloth and put a loose knot. Grind the other three items as a fine paste and dissolve it in the Tender Cocoanut water. Keep the knot cloth to hang in the Tender Cocoanut water, the knot should not touch the bottom of the pot and there should be a gap of atleast 2 inches. Put the pot in an oven and heat with moderate fire. After all the water is evaporated, take it out of the oven. After cooling open the knot and wash the Bitumen with water and put to dry in day light. Then powder it and keep it for use.

Dosage: 260 – 520 ml.

Diseases curable

It cures all the diseases if given with suitable adjuvants. Body shining, good physique, body strength, vigor and vitality will be the benefits of this medicine.

Dietary regimen: *Icha pathiyam*

General properties of Bitumen

Purified genuine Bitumen cures dropsy, gonorrhoea, fevers, disease of the spleen, kapha vatha diseases, dyspepsia, leprosy, tuberculosis, insanity, swelling, syphilis, helminthiasis, chest pain,

piles, stomach diseases, jaundice, vesicle calculus, strangury, scabies and ageing.

It is got rarely as genuine. It is imported from the North. Hence in order to get better results good and genuine bitumen should be bought and used.

III. Effects of unpurified Bitumen

Thirst, syncope, delirium, cholemia, dyspepsia, constipation etc. are caused due to the unpurified bitumen.

Selecting the genuine Bitumen

The genuine Bitumen will not fume when put in the fire. It will separate as wires. If put into water it should go lengthy as a coir. With all these properties, if it smells as cow's urine, it is a gernuine and standard *silasathu* (bitumen).

In South, a duplicate one with the name *Kasilasathu* or *Silasathu kal* is sold. It is impure.

226. SILASATHU PARPAM

Ingredients

Purified Bitumen (*Silasathu*)	70 gms.
Leaf juice of wild Five leaved Amaranthus (*Kattu cirukeerai*)	325 ml.

Method of Preparation

Fill a small mud pan with the juice and put the Bitumen into it. Cover the mouth with mud seal and put into puda process using 5250 gm cow dung cakes. After cooling, there will be a fine parpam.

If the *parpam* is not formed properly, in order to get a standard *parpam*, grind the parpa material adding the juice little

by little for 3 hours. Make a cake of it and put it in a mud pan. Then repeat the puda process using 3500 gm. cow dung cakes, to obtain a fine *parpam.*

Dosage: 260 – 520 mg.

Adjuvants: Butter, ghee, and honey.

Diseases cured

Pitha diseases like six kinds of irritation, dysentery, inflammation of anus, and internal heat of the stomach.

Dietary restrictions

According to the conditions of the disease and the patient.

227. SILASATHU PARPAM

(Another method)

Method of Preparation

As described above using Aloe's juice.

Dosage: Adjuvants and the **diseases curable:**

As said above.

228. SILASATHU PARPAM

(Another method)

Ingredients

Purified *Silasathu*	70 gms.
(Purified with tender cocoanut water)	
Juice of Glinus lotoides (Ciru seruppadai)	325 ml.

Method of Preparation

Put the Bitumen in a mortar and pulverise it adding the above juice little by little and grind well. Then make the paste

into small cakes and put to dry in the day light. Then put in a mud pan and cover it with three layers of mudseal and put into *puda* process using cowdung cakes 20 times than the the weight of the *Kavasam*.

After cooling, take out the material and pulverise it in a mortar and repeat the grinding process and puda process. In third *puda*, there will be an excellent *parpam*.

Dosage: 520 – 1300 mg.

Adjuvants: Ghee, honey, butter etc.

Diseases cured

It is useful for all the *pitha* related diseases. It cures haemorrhoids cholemia, inflammation of piles, gonorrhoea, phlegm, wooping cough and internal heat of the stomach and liver will be cured.

Dietary regimen

According to the severity of the disease and condition of the patient.

229. SILASATHU PARPAM

(Another method)

Ingredients

Bitumen purified in Tender cocoanut water	70gms.
Radish	700gms.

Method of Preparation

First take *silasathu* and cut into small pieces. Pound the root in a wooden mortar into a paste and divide into two parts. Take one part of the paste and spread it in a mud pan. Then spread the bitumen powder over the paste uniformly. Over it, spread the other part of the root paste without any hole in all

corners. Then cover it with a mud pan, with three layers of mudseal and put into puda process using cowdung cakes 16 times than the weight of the *Kavasam.*

After cooling well, there will be a fine parpam.

Dosage: 520 – 1300 mg.

Adjuvants: Ghee, butter etc.

Diseases curable

All types of cough and *kapha* diseases. If there is severe cough give 80 – 160 ml. milk with turmeric powder (1040 ml) pepper powder (1040 ml) and sugar candy to the required quantity.

This *parpam* cures tuberculosis and branchitis also.

Dietary restrictions

According to the disease and patient's body.

230. SILASATHU PARPAM

(Another method)

Ingredients

Bitumen purified in Tender cocoanut water	70 gm.
Indian burr leaf (red variety) Achyranthes aspera	700 gm.
(Sivappu Nayuruvi ilai)	

(Make this into a fine paste in a stone mortar)

Method of Preparation

As described above

Dosage: 520 – 1040 ml.

Adjuvants: cow's butter and ghee.

Diseases cured

Bone fever, bone heat, gonorrhoea, fever due to venereal heat

Dietary restrictions

According to the disease and patient's body.

231. SILASATHU PARPAM

(Another method)

Ingredients

Bitumen purified in Tender cocanut water	70 gm
Lime water	q.s.

Method of Preparation

Pulverise the *silasathu* in a mortar and grind for 12 hours adding the lime water little by little. Make the paste into small cakes and put to dry. Then put them in a mud pan, cover it with another pan, and seal it with 3 layers of mudseal. Then put into *puda* process using cowdung cakes 16 times than the weight of the *Kavasam*.

Repeat the grinding and puda process for two more times.

After such *pudas*, there will be a fine *parpam*.

Dosage: 390 – 780 ml.

Adjuvants: Cow's butter, ghee and honey.

Diseases curable: Dysuria, ardor urinae *(Neer erichal)*, venereal heat, etc. will be cured.

Dietary restriction

According to the disease and patient's body.

232. SILASATHU PARPAM

(Another method)

Ingredients

Bitumen purified in tender cocanut water	70 gm
Mathappu chittam	350 gm

Method of Preparation

Pulverise the *chittam* in a mortar and grind it adding water into a fine paste and make it as two cakes.

In one cake, spread the bitumen powder and close it with the other cake. Press the cake around the outer circle so that there should not be any holes between the two cakes. Then close it with 3 layers of mudseal. Then put into *puda* process using cowdung cakes 15 times than the weight of the *Kavasam.*

After cooling, there will be a fine *parpam.*

Dosage: 390 – 780 ml.

Diseases curable

Venereal heat, gonorrhoea, ardor urinae and dysuria

Dietary Regimen

According to the severity of the disease and patient's body.

233. SILASATHU PARPAM

(Another method)

Ingredients

Karpoora bitumen	52.5 gm.
Bitumen purified in Cow's urine	35.0 gm.
Paste of Sky lotus leaves (roots & wastes removed)	350 gm.

Method of Preparation

Put the Bitumen into the centre of the paste and make it into a ball shape. Close it with 3 layers of mudseal and put into *puda* process using cowdung cakes 16 times than the weight of the *Kavasam.* After cooling, there will be a fine *parpam.*

Dosage: 1.750 gm.

Adjuvants and Diseases curable

1. Cut a cocoanut into two halves and put the both the halves facing the earth for a full day.

Next day, extract the cocoanut milk form one half and give the *parpam* in proper dosage together with the cocoanut milk.

Repeat the dose in the morning only, for 5 consecutive days.

By this, the diseases like gonorrhoea, and venereal heat will be cured.

When taking this medicine, some may have diarrhoea for one or two times.

For chronic diseases, repeat the medicine for another 5 days after a gap of one week or 10 days.

This cures all types of gonorrhoea and restores health.

Dietary Regimen

Avoid pungent food stuffs. Better to take butter and milk rice.

234. SILASATHU CHENDOORAM

Ingredients

Purified bitumen	35gm.
Anna bedhi	35gm.
Lemon juice	q.s.

Method of Preparation

Grind the first two drugs in a mortar for 6 hours adding the juice little by little. Make the paste into a cake and put to dry. Then keep the cake in a mud pan, seal it with three layers of mudseal. Then put into puda process using cowdung cakes 14 times than the weight of the *Kavasam.*

After cooling there will be a fine *parpam.*

Dosage: 390 – 780 ml

Adjuvant: Ghee, butter

Diseases curable

Dropsy, dry cough, tuberculosis, bronchitis, anaemia will be cured.

Dietary regimen

According to the condition of the disease and the body strength.

235. SILASATHU CHOORANAM

(Another method)

Ingredients

Purified bitumen	35 gm
Purified mercury	35 gm
Four spined monetia leaf decoction *(Sangu ilai kudineer)*	325 ml
Shoe flower	87.5 gm

Method of Preparation

Grind the first two drugs in a mortar adding the decoction little by little. Then put the pieces of the flower petals into it and grind for 72 minutes. Make the paste into a cake and put to dry. Place it in an earthern lamp and close with another earthern lamp. Then seal it with 5 layers of mudseal and put into *puda* process using cow dung cakes 10 times than the weight of the *kavasam*. After cooling, there will be a fine chendooram.

Dosage: 260 to 520mg

Diseases curable

If administered with proper adjuvants the diseases like dyspepsia, stomach diseases, gonorrhoea, dropsy disease of the spleen, chest pain, stomach pain, urinary calculus, eruption, itching, wounds and perforating ulcers will be cured.

Dietary regimen

Avoid tamarind, smoking and sexual contact. Strict dietary restrictions should be followed according to the severity of the disease.

Preparation of Sangu Ilai Kudineer

Take 1400 gm of the four spined monetia leaf and boil with 2600 ml water, till it reduces into 1/4th. Filter the decoction and keep it for use. This is called *Sangu ilai kudineer.*

236. SATHATHI PARPAM

Purified bitumen Purified asbestos Purified borax	each 35 gm
Bichloride of mercury	17.5 gm
Lemon juice	q.s.

Method of Preparation

Pulverise the first four items and grind for 12 hours adding the juice little by little. Then put it in a mud pan. After it is dried, cover with 5 layers of mud seal and put in to *puda* process using cowdung cakes 15 times than the weight of the *Kavasa.*

After cooling there will be a fine *parpam.* In this process, the weight of the bichloride of mercury will be lost.

Dosage: 390 to 780mg.

Diseases curable

If administered with proper adjuvants, the *pitha* diseases like gonorrhoea, dysuria, suspension of urine and rheumatoid arthiritis will be cured.

Dietary regimen

Avoid restricted diet. Ordinary mild diet in which using mustard and gingelly oil are to be avoided. Avoid sexual contact *(Icha pathiyam).*

Yoodhakkal
Jew's Stone

Kindly refer for more details of the Jew's stone in our text "Unani Vaidya Dhadhu Vriddhi Bodhini – Thiravukol"

237. PURIFICATION OF JEW'S STONE

1. Cut the stone into small pieces. Take rose water and vinegar both in equal quantity and mix them. Take required quantity of this mixture.

Fry the small pieces of stone in a mud pan with low fire pouring the liquid mixture little by little for 6 hours.

The Jew's stone is thus purified.

238. PURIFICATION OF JEW'S STONE
(Another method)

2. Take required quantity of Jew's stone and cut it into small pieces. Take equal quantity of rose water, *Kavu zooban* water, brandy and vinegar and mix all these.

Fry the stone as said above adding the liquid mixture little by little for 3 hours.

Thus, the stone is purified.

239. YOODHAKAL PARPAM

Ingredients

Purified Jew's stone	35gm.
Salt petre (*Kambi Vedi Uppu*)	87.5gm.
Root juice of radish	q.s.

Method of Preparation

Pulverise the first two drugs and grind for 6 hours adding the root juice little by little. Make the paste into cakes and keep them to dry. Then put them into a porcelain vessel and close its mouth with 5 layers of mud seal and put into puda process using 175 gm. cow dung cakes. After, cooling well take it out and again start the grinding process for 6 hours adding the root juice little by little and then put into *puda* process as done before.

Four such *pudas* should be done. For each time 52.5 gm of salt petre *(Kambi vedi uppu)* should be added and grinded with radish root juice for 6 hours.

Finally, there will be a fine *parpam.*

Dosage: 130 – 260 mg.

Adjuvants and diseases cured

1. Take powder of thistle thorns of calotrops, seed powder of chicori plant, each 2080 mg. and mix with 5.25gm. of honey. If the above *parpam* is taken in proper dose, chronic diseases like gonorrhoea, stone in bladder, stricture of the urethera will be cured.

2. Take, cumin seeds powder 1300 mg and cardamom powder 650 mg. Mix the both with 5.25 gm. of honey. If the above *parpam* is taken in proper dose, the gonorrhoea will be cured.

Regimen

Discretary diet according to the conditions.

240. YOODHAKAL PARPAMS

(Another method)

Ingredients

Purified Jew's Stone	280gm.
Root juice of Radish	q.s.

Method of Preparation

Pulverise the stone in a mortar and grind for 6 hours adding the root juice little by little. Make a cake of the paste and put it to dry. Keep it in a pan and seal it with 3 layers of mud seal and put into *puda* process using cow dung cakes equal to 20 times of the weight of *Kavasam*. After cooling take it out and put in the mortar and again start the grinding process adding the juice little by little for 3 hours. Make the paste into a cake and again put into *puda* process as done before.

Seven such *pudas* should be done, and at last there will be a fine *parpam*.

Dosage: 260 to 2080 mg.

Diseases cured

Urinary diseases like stone in the bladder, anuresis will be cured.

Regimen

Diet restrictions should be followed according to the disease and the body condition.

241. YOODHAKKAL PARPAM

(Another method)

Ingredients

Purified Jew's Stone	35 gms.
Aloe's juice	
Cotton seed decoction	
Whey (Curd water)	q.s.
Decoction of thistle thorns of Caltrops	

Method of Preparation

Pulverise the Jew's Stone in a mortar adding the Aloe's little by little and grind for hours. Then make a cake of it and put it in a mud pan and seal it with 3 layers of mud seal. Then put into *puda* process using cow dung cakes 20 times of the weight of the *Kavasam.*

Then repeat the process in the other three liquids individually and put into *puda* process as done above.

Dosage and the Diseases curable

As said above Preparation of Decoction

1. Cotton Seed Decoction

Take 175gms.seeds and soak in 650 ml. water for 24 hours. Next day pound in a stone mortar and mix it in 650 ml. water and heat it. After reducing it into 1/3 take out and allow it to cool. Then filter it and take the filtered decoction for use.

2. Decoction of thistle thorns of Caltrops: As said above.

242. YOODHAKKAL PARPAM

(Another method)

Ingredients

Purified Jew's Stone	35gm.
Cotton seed kernal	350gm.
Thistle thorns of Caltrops	350gm.
Radish seed	350gm.
Juice of Radish	q.s.

Method of Preparation

Pulverise the first three drugs in a stone mortar and grind it adding the root juice little by little. Make the paste into a ball shape and place the stone in the centre of it, leave no gap or hole in it. Then seat it with 3 layers of mud seal and put it into *kaja puda*. After cooling well, there will be a pure *parpam*. Repeat the *puda* if the *parpam* is not formed as desired.

Dosage and Diseases cured: As said above.

243. YOODHAKKAL PARPAM

(Another method)

Ingredients

Purified Jew's Stone	10.5 gm.
Paste of Indian Chamaile	105 gm.

Method of Preparation

Put the stone into the flower paste and keep it in a small porcelain. Then put into *puda* process using cowdung cakes 20 times of the weight of the vessel. Repeat the *puda* process for 7 times. But use the fresh flower paste for each *puda*.

After 8 such pudas, the stone would be in the form of a fine *parpam.*

Dosage and Diseases curable:

As said in Sl.No.241

244. YOODHAKKAL PARPAM

(Another method)

Ingredients

Purified Jew's Stone	35 gm
Paste of tooth brush tree leaf	455 gm

Method of preparation

Put the stone into the paste and make it in to a ball shape. Make two layers of mud seal and put it into puda process using cow dung cakes 20 times of the weight of *Kavasam.* After cooling, there will be a fine *parpam.*

If the *parpam* is not formed well, repeat the *puda* process and collect the *parpam.*

Dosage and the diseases curable: As said in Sl.No.241

இந்திய மருத்துவம் ஓமியோபதித் துறை நூலகங்களில் விற்பனையாகும் நூல்களின் விலை விவரப்பட்டியல்

தமிழ் மருத்துவ நூல் வெளியீட்டு வரிசை			
வ. எண்.	நூல்களின் பெயர்	எடை (கிராமில்)	விலை ரூ. பை.
	ஓலைச்சுவடிப் பதிப்புகள்		
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